



City of
Rockville
Get Into It

Recreation Guide

Department of Recreation and Parks
Spring 2014

**Summer
Playground
registration
April 2**

**Celebrate Mother's Day
at our Annual
Royal Tea Party!**

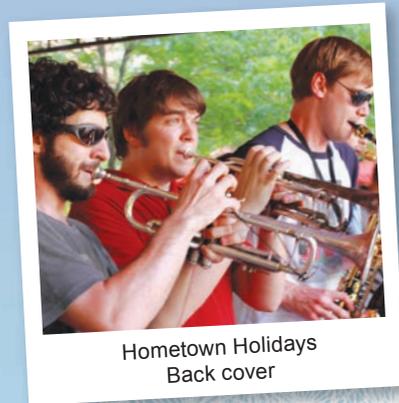
See page 13

**Look inside for
Preschool through
Senior Programs**

**Spring
Registration
March 13**

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Meet Your Dedicated 2014 Recreation and Parks Staff



Use your smart phone for quick access to our website.

KEY:
Fee = Rockville resident/non-resident

LET'S MOVE! = Healthy programs for youth



BEHIND THE COVER

Princesses and their royal families celebrate Mother's Day with games and activities at our Annual Royal Tea Party event held at Thomas Farm Community Center. See page 13 for additional information.

Photo by: Martha Coester
 Thomas Farm Community Center Supervisor

Tots/Preschool

We love parents . . . but in order to assist us in offering a quality programs for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Classes with low enrollment will be cancelled 7-10 days prior to first class. Register early to avoid cancellations. For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.

Arts, Dance and Enrichment

Abrakadoodle Mini Doodlers

Little ones enjoy exploring the full range of art media while building confidence and hand-eye coordination. Children will experiment with paints, modeling compounds, pastels and more using high quality art supplies. Note: \$24 non-refundable fee due to instructor at first class. 6 classes

Age: 3-5
46405 Tu 4/8-5/20 11-11:45 AM \$90/\$105
Twinbrook CRC/Abrakadoodle Staff

Abrakadoodle Twoosy Doodlers

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with paints, glue, printing and creating while developing fine motor, language and self-help skills. Each session has new activities. Note: \$24 non-refundable material fee due to instructor at first class. 6 classes

Age: 20-36 months
46771 Tu 4/8-5/20 10-10:45 AM \$90/\$105
Twinbrook CRC/Abrakadoodle Staff

Act It Out!

Have an adventure through storybooks in this acting class that uses theater arts to teach children about relevant social issues and character education topics such as respect, truth and peace. Each week, these young actors learn various improvisational theater games, as well as a story they will act out using costumes and props. The actors will present their favorite story the last day of class. 5 classes

Age: 4-6
46406 Sa 4/26-6/7 10:30-11:15 AM \$59/\$65
Thomas Farm CC/CARE Actor Staff



Amigos Play (Adult/Child)

New

Learn and/or practice Spanish alongside your child through songs, stories, movement and age appropriate interactive language activities. Rosi, the loveable llama class mascot, brings the language alive! All levels of fluency are welcome. Siblings under 10 months of age may attend for free (no registration necessary). Fee for siblings of enrollment age is \$80. Adult participation required. 6 classes

Age: 1 month - 5 years
46407 F 4/25-5/30 9:30-10:15 AM \$125/\$135
46408 F 4/25-5/30 10:30-11:15 AM \$125/\$135
Twinbrook CRC/Correa

Little Stars!

Introduce your little ones to the wonderful world of arts education in this theater class. These young minds will exercise their creativity and imaginations through music, movement, story time, acting games and art. Each week they will have a mini-art project to take home that relates to the class theme. Note: \$20 materials fee is due at first class. 5 classes

Age: 2-3
46410 Sa 4/26-6/7 9:30-10:15 AM \$65/\$70
Thomas Farm CC/CARE Actor Staff



Tots/Preschool

Mad Science: Sensational Science *New*

Your Mad Scientist will learn the science behind cotton candy, explore the properties of both light and color, experiment with magnets, examine optical illusions, mix chemicals and analyze their properties! Each hands-on class includes a take-home project and home lab with facts and exciting experiments. Note: \$30 materials fee is due to instructor at the first class. 6 classes

Age: 3-5				
46099	Tu	4/22-5/27	1-1:45 PM	\$119/\$125
Thomas Farm CC/Mad Science Staff				
46100	Sa	4/26-6/7	10:30-11:15 AM	\$119/\$125
Twinbrook CRC Annex/Mad Science Staff				

Music Together (Adult/Child)

Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Children have an innate ability to learn music as language. Fee includes two Music Together Trademark CDs, illustrated songbook and parent education materials. Cost of materials is non-refundable. Sibling fee is \$110. Siblings under 8 months may attend for free (no registration necessary). Fax, mail or walk-in your registration for siblings 9 months and older to receive a discount. Adult participation required. 10 classes

Age: 1 month -5 years				
46411	W	4/2-6/11	9:30-10:15 AM	\$175/\$195
46412	W	4/2-6/11	10:30-11:15 AM	\$175/\$195
Thomas Farm CC/Liddle				
46414	Th	4/3-6/12	9:30-10:15 AM	\$175/\$195
46415	Th	4/3-6/12	10:30-11:15 AM	\$175/\$195
Elwood Smith RC/Winkler				
46416	F	4/4-6/13	10-10:45 AM	\$175/\$195
46417	F	4/4-6/13	11-11:45 AM	\$175/\$195
Kicks Karate/Winkler				

Pre-Ballet

Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. Ballet barres are provided at Rockcrest Ballet Center. 5-6 classes

Age: 3-4				
46418	Sa	4/26-6/7	10-10:45 AM	\$65/\$75
Twinbrook CRC/Simpson				
Age: 3-4				
46421	Sa	4/5-5/17	10-10:45 AM	\$65/\$75
Rockcrest Ballet Ctr./Chongpinitchai				
Age: 3-4				
46422	Sa	4/5-5/17	9-9:45 AM	\$65/\$75
Rockcrest Ballet Ctr./Chongpinitchai				
Age: 3-4				
46423	Sa	4/26-6/7	11-11:45 AM	\$55/\$60
Thomas Farm CC/Kwong				
Age: 4-5				
46419	Sa	4/26-6/7	11-11:45 AM	\$65/\$75
Twinbrook CRC/Simpson				
Age: 4-5				
46420	Sa	4/26-5/24	9-9:45 AM	\$55/\$60
Thomas Farm CC/Baker				

Pre-Ballet Dansez Dansez!

Classes are taught in French (translated in English). Basic steps are broken down into small components. Develop poise, self-confidence, good posture, coordination and balance. Tights, leotard and ballet slippers required. 8 classes

Age: 2-3				
46424	Th	4/24-6/12	4-4:30 PM	\$95/\$110
Age: 4-6				
46425	Th	4/24-6/12	4:30-5:15 PM	\$95/\$110
Thomas Farm CC/Philippe				



A resource for children's activities,
classes and sports in Montgomery County

CLIMB
ABOARD
THE ROCKET
activityrocket.com



Activity
ROCKET™
Search. Share. Simple.

Tiny Hand Crafts (Adult/Child)

This hands-on class encourages children to be creative, get messy and have fun with paint, glue, glitter, foam, fabric, wood items and more. Children make at least two projects per class. Note: \$24 material fee is payable to instructor at the first class. Bring a smock. Adult participation required.

6 classes

Age: 2-6
46426 Th 4/24-5/29 10:15-11 AM \$55/\$60
Thomas Farm CC/Dion

Zumbini® (Adult/Child)

New



This class is fun, energetic and full of contemporary music with world beats. It's child-appropriate, grown-up friendly. Children learn to dance, sing and move using rhythmic instruments and scarves, to enhance the rhythm and feel of the music. Note: \$35 materials fee due to instructor at the first class. 6 classes

Age: 1-36 months
45938 M 4/28-6/9 10:45-11:30 AM \$59/\$65
Thomas Farm CC/Riggs

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



Birds@The Little Gym (Adult/Child)

Trained instructors combine their expertise in motor skill development with music and group activities to encourage problem solving and risk taking and to establish a sense of independence. Appropriate for both walkers and non-walkers. 9 classes

Age: 10-19 months
46496 W 4/9-6/4 12-12:45 PM \$99/\$110
The Little Gym/Staff

Bugs@TheLittleGym (Adult/Child)



Enjoy music, bonding and fun activities with your child. Explore ways to reinforce positive physical, social and emotional development. Designed for infants, this class will help your child manipulate their body to build confidence and core motor skills. Caregivers welcome. 9 classes

Age: 4-10 months
46497 M 4/7-6/9 11:45 AM-12:30 PM \$99/\$110
The Little Gym/Staff

Tots/Preschool

Funfit Shining Stars



Bring your toddlers and engage in a wide variety of activities such as ball and circle games, dance, fitness and parachute play. Equipment utilized includes hoops, tunnels, balloons, balance beams and much more. Children must be 3 years old at start of class. 8 classes

Age: 3-5
46647 F 4/25-6/13 11-11:45 AM \$88/\$99
Thomas Farm CC/Funfit Staff

Funfit Tots (Adult/Child)



Enjoy non-stop fun with active games, songs, parachute play, balls and creative movement. Develop self-confidence, motor skills, socialization and reinforce cognitive learning. All abilities welcome. 8 classes

Age: 1-4
46513 F 4/25-6/13 10:15-11 AM \$88/\$99
Thomas Farm CC/Funfit Staff

Little Ninjas (Adult/Child)



Introduce your child to martial arts taught by a certified instructor. Classes begins with stretches followed by exercises and fun games that help children learn the basics while improving strength, flexibility and coordination. 8 classes

Age: 3-4
46528 F 4/25-6/13 5-5:45 PM \$63/\$72
Thomas Farm CC/Thompson

Tiny Tigers



Help your child improve his or her concentration and attention span. Enhance motor skills including balance, agility and coordination while developing sharing and social skills in a safe, fun-filled atmosphere. 10 classes

Age: 3-4
46572 M & W 4/21-5/21 6-6:30 PM \$99/\$109
46573 Tu & Th 4/22-5/22 4:30-5 PM \$99/\$109
Kicks Karate/Kicks Karate Staff



Tots/Preschool

Sports - Instructional

We recommend bringing a water bottle to all sports programs.



Shorty Sports

Enjoy learning the fundamentals of sports through games and a variety of instructional drills. Develop throwing, catching, kicking and batting skills through sports such as soccer, T-ball and basketball. Wear sneakers. 6 classes



Age: 4-6

46537	Th	4/24-5/29	5:10-6 PM	\$65/\$75
46538	Th	4/24-5/29	6:10-7 PM	\$65/\$75

King Farm Park/Thomas

Tennis for Toddlers (Adult/Child)

Play tennis with your youngster in this U.S.T.A. QuickStart class, designed to teach skills fast so everyone keeps moving. Proper grip, footwork and ground strokes are taught. Equipment is provided. Adult participation required. 6 classes



Age: 5-6

46563	Su	4/27-6/1	9-9:45 AM	\$69/\$79
46565	Sa	4/26-6/7	4-4:45 PM	\$69/\$79

King Farm Park/Z. Yargici

Tiny Tykes Basketball

Your little one will enjoy some exercise and fun and learn the basics of basketball: dribbling, passing and shooting. Socialization, teamwork and good sportsmanship will be emphasized. 6 classes



Age: 4-5

46574	Sa	4/26-6/7	9-9:45 AM	\$65/\$75
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Twinbrook CRC/Flores

46575	Sa	4/26-6/14	10:15-11 AM	\$65/\$75
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Thomas Farm CC/Rose



UK Elite Petite Soccer



Parents and toddlers will enjoy learning soccer together. Fundamentals will be taught to help improve gross motor skills, coordination and social skills making the sport more enjoyable for youngsters and allowing parents to assist with the learning process. Adult participation required. 6 classes

Age: 2-3

46580	W	4/9-5/21	4-5 PM	\$95/\$105
46581	W	4/9-5/21	5-6 PM	\$95/\$105

King Farm Park/UK Elite Staff

UK Elite - Petite Soccer



This program offers an introduction to the world's most popular sport! Our game-based approach to teaching soccer provides every child the opportunity to develop motor and social skills, coordination and general athletic ability in a stimulating, motivating, educational environment. 6 classes

Age: 3-5

46578	W	4/9-5/21	4-5 PM	\$95/\$105
46579	W	4/9-5/21	5-6 PM	\$95/\$105

King Farm Park/UK Elite Staff

Wee Wanna Be (Adult/Child)



Which sports players do your kids pretend to be? This innovative program builds self-esteem and confidence. Girls and boys receive instruction in sports and agility training through supervised, non-competitive play sessions. Each child participates at his/her own pace. Sports will change each season. Adult participation required. 6 classes

Age: 2-5

46584	Su	4/27-6/8	10:15-11 AM	\$57/\$67
46585	Su	4/27-6/8	11-11:45 AM	\$57/\$67

Thomas Farm CC/Wilson

Child Care

Professional, caring staff with years of experience provide a safe nurturing environment for your child.



Summer at Montrose

Preschoolers will learn through play while participating in learning centers, music, cultural activities, arts, crafts and outdoor time. Experienced staff develop programs designed to focus on the social and academic skills necessary for kindergarten, while promoting self-confidence and individual expression. Vouchers are accepted and additional financial support is available. Children must be 3 years old and toilet trained to start. Call 240-314-8631 for additional information or to schedule a tour. Spaces are limited.

Age: 3-5

46262	M-F	6/9-6/20	8 AM-6 PM	\$369/\$419
46263	M-F	6/23-7/3	8 AM-6 PM	\$335/\$385
46264	M-F	7/7-7/18	8 AM-6 PM	\$369/\$419
46265	M-F	7/21-8/1	8 AM-6 PM	\$369/\$419
46266	M-F	8/4-8/15	8 AM-6 PM	\$369/\$419

Montrose CC

Open House Montrose Discovery Preschool

451 Congressional Lane

Friday, April 25 • 5-7 p.m.
Ages 3-5

Bring your child for a tour of our wonderful preschool.

Meet our experienced teachers and have all of your questions answered in person!

Registration forms will be available for Fall, 2014.



Tots/Preschool

Time for Toddlers

Mommy and Me

Mondays, 10 a.m. - Noon

Twinbrook Community Recreation Center
240-314-8830

Tiny Tots Drop-In

Tuesdays, 10 a.m. - Noon

Springtime Festival, April 8
Thomas Farm Community Center
240-314-8840

Toddler Time

Wednesdays, 10 a.m. - Noon

Lincoln Park Community Center
240-314-8780

Nature Tots

**Alternate
Thursdays,**

10-11:30 a.m.

(Pre-registration required)

Croydon Creek
Nature Center
240-314-8770



SPRING HAPPENINGS!



Teen Spring Fling Dance

Twinbrook Community Recreation Center

Friday, April 11, 7:30-10 p.m.

Come dance the night away with your friends! Grades 6-8. \$3 at the door.

Breakfast with the Bunny!

Thomas Farm Community Center

Saturday, April 12, 10:30 a.m.-12:30 p.m.

Enjoy a magic show, egg hunt, crafts, continental breakfast and a visit from the Bunny.

Pre-registration required. \$10 R/\$12 NR. Extra fees for show at the door.

Course #46335. See page 11.



Community Spring Yard Sale

Richard Montgomery HS – Parking Lot

Saturday, April 26, 8 a.m.-Noon

Check out the bargains or sign up as a vendor to sell your treasures. Vendors must pre-register with payment to secure a space that includes one parking spot and a 6'X 3' table.

Set up 7-8 a.m. Raindate: April 27. Cost per table: \$20. Organized by Lincoln Park

Community Center and Teen Programs. Course #47171. See page 33.

Spring Festival and Native Plant Sale

Croydon Creek Nature Center

Saturday, April 26, 10 a.m.-2 p.m.

Enjoy the wonders of nature with your family. Live animal show, exhibits, woodland hikes, crafts, games and native plant sale. Free event. No registration required. See page 25.



Outdoor Family Movie Night

Twinbrook Community Recreation Center

Friday, May 2, 8-9:30 p.m.

Enjoy a night of family fun watching a movie on the big screen. Refreshments sold by Twinbrook Elementary School PTA. \$3 at the door.

Royal Tea Party

Thomas Farm Community Center

Saturday, May 10, 2-4 p.m.

Princesses and their royal families are invited to celebrate Mother's Day at our annual event. Pre-registration required. \$10 R/\$12 NR. Course #46336. See page 13.



Party Time!

Theme Parties

Croydon Creek Nature Center

\$180/\$204 - 10 participants
\$10 each additional child; Max 25
Ages 3 and older
www.rockvillemd.gov/croydoncreek
240-314-8770

Gymnasiums

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830

Outdoor Rentals

Lincoln Park Community Center

Isreal Park (field behind center)
www.rockvillemd.gov/lpcc
240-314-8780

Thomas Farm Community Center

Fallsgrove Park Gazebo
www.rockvillemd.gov/thomasfarm
240-314-8840

Multi-Purpose Rooms

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Elwood Smith Recreation Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Glenview Mansion and Fitzgerald Theatre Social Hall

www.rockvillemd.gov/glenview
240-314-8660

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Pump House Community Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Rockville Senior Center

www.rockvillemd.gov/seniorcenter
240-314-8800

Rockville Swim and Fitness Center

www.rockvillemd.gov/swimcenter
240-314-8750

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830

Maryland WBC
Women's Business Center

Helping Rockville
Start and Grow
Businesses

Visit
www.marylandwbc.org
to learn more about how
we can help you!

Join us for a **free orientation on small business resources** or check out our affordable workshops for **starting a business, writing a business plan, marketing, funding, and more!**

Follow us!

Rockville
Economic Development, Inc.
Approved by the Computer We Are People

THEME PARK TICKETS

On Sale April 18

Parks, prices and information to be announced soon



CHECK OUT YOUR Local Centers

CROYDON CREEK NATURE CENTER

www.rockvillemd.gov/croydoncreek

Tuesday–Saturday 9 a.m.–5 p.m.

Sunday, 1–5 p.m.



LINCOLN PARK COMMUNITY CENTER

www.rockvillemd.gov/lpcc

Monday–Saturday, 9 a.m.–9:30 p.m.

Sunday, 10 a.m.–6 p.m.



THOMAS FARM COMMUNITY CENTER

www.rockvillemd.gov/thomasfarm

Monday–Friday, 6 a.m.–9:30 p.m.

Saturday, 8:30 a.m.–9:30 p.m.

Sunday, 10 a.m.–6 p.m.



TWINBROOK COMMUNITY RECREATION CENTER

www.rockvillemd.gov/twinbrook

Monday–Friday

6 a.m.–9:30 p.m.

Saturday, 8:30 a.m.–9:30 p.m.

Sunday, 10 a.m.–6 p.m.

(April–Oct.)

and 9 a.m.–8:30 p.m.

(Nov.–March)

Children

A message for parents . . . We require, for most programs, that children are the required age as of the date of the first class. All age requirements are set to benefit the child and allow for more consistent program instruction. In some instances, the requirements have been set for the child's safety. If your child does not meet the age requirements by the start of class and you would like to request an exception, please fax, mail or walk-in your child's registration form. Note: Classes with low enrollment will be cancelled 7-10 days prior to first class. Register early to avoid cancellations. For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.

Arts, Dance and Enrichment

Abrakadoodle - Drawsters

Take drawing to a whole new level! Learn about contour drawing, patterning, font design, cartooning and other techniques while exploring fun and interesting artists and artistic styles. Build on your skills by using your imagination to create unique art. Note: \$24 materials fee due to instructor at the first class. 6 classes

Age: 6-12
 46770 Sa 4/26-6/7 9-10 AM \$90/\$105
 Twinbrook CRC Annex/Abrakadoodle Staff



Hip-Hop Dansez! Dansez!

Keep movin' and havin' fun! Learn basic hip-hop choreography with a low impact workout with easy-to-learn steps to the latest music. Wear jazz shoes, dance slippers or sneakers. 4 classes

Age: 5-8
 46395 W 4/23-5/14 5:20-6 PM \$45/\$52
 46396 W 5/21-6/11 5:20-6 PM \$45/\$52
 Thomas Farm CC/Philippe



Breakfast with the Bunny (Adult/Child)

The Bunny is making a special trip to Thomas Farm Community Center. Activities include crafts, egg hunt, entertainment, games and an opportunity to pose with the Bunny. Continental breakfast served. Bring your camera. Fee applies to each person attending. Preregistration required for breakfast. Note: \$5 at door for 11:45 a.m. magic show and egg hunt.

Age: 2+
 46335 Sa 4/12 10:30 AM-12:13 PM \$10/\$12
 Thomas Farm CC



ROCKVILLE IS REGISTERED AS A "LET'S MOVE!" CITY

This campaign, started by First Lady Michelle Obama, has a national goal of solving the challenge of childhood obesity within a generation.

Programs encouraging healthy living for children are designated in this guide with a Let's Move! logo.

Go to www.letsmove.gov for more information.

Children



Ballet for Children

Learn the art of ballet through an elementary but professional approach. Register for the appropriate level but it may be changed at the discretion of the instructor. Solid color leotard and ballet shoes recommended. Children should remain in Beginner for two years, then move on to Intermediate for four years before progressing to Advanced. Students with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Those previously enrolled at the RBC should register for the same class. Participants registering for two or more classes may apply a \$5 discount. Register by mail, fax or walk-in to receive a discount. See Teen section for more classes. All class participants may participate in the spring recital (#45273). Participants requiring more than one costume should choose the corresponding recital number. For no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details. 6-8 classes

Young Beginner - Age: 6-7

46391 Sa 3/15-5/24 10-10:55 AM \$82/\$92
Thomas Farm CC/Baker

Beginner - Ages 5-13

46386 M 3/31-5/19 3:45-4:45 PM \$62/\$72
Rockcrest Ballet Ctr./Mangan

Beginner - Ages 5-13

46388 F 4/4-5/30 3:45-4:45 PM \$82/\$92
Rockcrest Ballet Ctr./Simpson

Beginner Plus - Age: 6-12

46390 F 4/4-5/30 5:45-6:45 PM \$82/\$92
Rockcrest Ballet Ctr./Simpson/Mangan

Intermediate I - Age: 7+

46381 M 3/31-5/19 4:45-5:45 PM \$62/\$72
Rockcrest Ballet Ctr./Mangan

Intermediate I and II - Age: 7+

46384 W 4/2-5/28 3:45-4:45 PM \$82/\$92
Rockcrest Ballet Ctr./Mangan

Intermediate II & III - Age: 7+

46382 Tu 4/1-5/27 4:15-5:15 PM \$82/\$92
Rockcrest Ballet Ctr./Mangan

Intermediate III and IV - Age: 7+

46385 W 4/2-5/28 4:45-5:45 PM \$82/\$92
Rockcrest Ballet Ctr./Mangan

Intermediate III and IV - Age: 10-14

46389 F 4/4-5/30 4:45-5:45 PM \$82/\$92
Rockcrest Ballet Ctr./Simpson/Mangan

Advanced & Pointe - Age: 12+

46383 Tu 4/1-5/27 5:15-6:15 PM \$82/\$92
Rockcrest Ballet Ctr./Mangan

Advanced Young Teens and Pointe - Age: 12+

46387 Th 4/3-5/29 5:15-6:15 PM \$82/\$92
Rockcrest Ballet Ctr./Mangan



DANCE IN THE SPRING
Ballet Recital

Children and teens participating in ballet classes are eligible to register for the Spring Ballet Recital. (Pre-Ballet registrants not included.) Fee includes costume and admission for family and friends.

45273	Sa	5/31	1 PM	\$35/1 costume
45957	Sa	5/31	1 PM	\$48/2 costume
45958	Sa	5/31	1 PM	\$61/3 costume
45959	Sa	5/31	1 PM	\$74/4 costume

Children



After School Adventure

This afternoon program provides children with a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is available from Meadow Hall ES and Twinbrook ES. The program does not meet on MCPS non-school or early release days.

Age: 5-11				
46753	M-F	3/24-5/2	3-6:30 PM	\$139/\$159
46754	M-F	5/5-6/11	3-6:30 PM	\$139/\$159
Twinbrook CRC Annex				



Clubhouse

This drop-in, after school program is designed for children to spend time learning, creating and exploring. Van transportation is provided from Maryvale ES. All other local school students are transported by MCPS request. Homework time, snack, crafts and games are scheduled daily. Field trips and special events are held throughout the year. Fitness days are incorporated in the program. Clubhouse is not held on MCPS non-school days but is open on half days. Note: All children must be picked up by 6:30 p.m.

Grade: K-5				
47172	M-F	5/12-6/12	3:30-6:30 PM	\$85/\$125
Lincoln Park CC/Chase				



Twinbrook After School Club

Join us after school for activities that focus on recreation, fitness and fun. Homework help is included and a snack is provided daily. The Club will meet on MCPS early release days but will not be held on non-school days. Scholarships are available for qualified City residents.

Age: 5-13				
45896	M-F	3/24-5/2	3:30-6:30 PM	\$139/\$159
47220	M-F	5/5-6/12	3:30-6:30 PM	\$139/\$159
Twinbrook ES				



Royal Tea Party (Adult/Child)

Princesses and their royal families are invited to celebrate Mother's Day at our annual Royal Tea Party event. Dress in your fanciest princess attire. Royal games and activities will fill the afternoon. Fee applies to each person attending. Children must come with an adult family member or friend.

Age: 2+				
46336	Sa	5/10	2-4 PM	\$10/\$12
Thomas Farm CC				

Before and After School Enrichment

Early Birds



This morning program offers children a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is provided to Twinbrook ES. The program does not meet on MCPS non-school days. Note: Optional daily drop-in fee of \$10 is available.

Age: 5-11				
46761	M-F	3/24-5/2	7-9 AM	\$115/\$125
46762	M-F	5/5-6/12	7-9 AM	\$115/\$125
Twinbrook CRC Annex				

Children

Fitness and Wellness

Judo for Kids



Discover a Japanese martial art which teaches self-control, respect, manners, balance and coordination. Learn a new activity and get moving. Wear loose fitting comfortable clothes. 6 classes

Age: 5-7

Beginner

46519 W 4/9-5/21 4-4:50 PM \$47/\$55

Age: 5-7

Advanced

47239 W 4/9-5/21 5-5:50 PM \$47/\$55
Elwood Smith RC/Hoche

Karate - Tang Soo Do Youth



This program is designed specifically for beginners and can help your child improve self-discipline, develop better concentration and improve academic performance. Fee includes uniform for first time students. 10 classes

Little Ninjas

Age: 5-7

46520 M & W 4/21-5/21 4-4:40 PM \$99/\$109

46521 Tu & Th 4/22-5/22 5:55-6:35 PM \$99/\$109

Youth

Age: 8-12

46522 M & W 4/21-5/21 (M) 3:45-4:30 PM \$109/\$119
(W) 4:30-5:15 PM

46523 Tu & Th 4/22-5/22 6:15-7 PM \$109/\$119

Kicks Karate/Kicks Karate Staff

Kids Fit Yoga



Did you know that in addition to improving strength, flexibility and body awareness, yoga can help increase focus and concentration? If you're looking for cross training for other sports, this class can help with injury prevention and improve neuromuscular coordination. Beginning and experienced students welcome.

Age: 8-12

47117 Sa 4/26-6/14 10:15-11 AM \$86/\$99

Rockville Swim and Fitness Center/Groman



Kung Fu for Kids



This martial art is a great tool for channeling energy and developing positive growth and focus. It will also increase physical fitness, flexibility, stamina, coordination and self-discipline. 8 classes

Age: 5-10

46524 M 4/7-6/9 6-7 PM \$63/\$73

Elwood Smith RC/Thompson



Mini Cheer



Learn basic beginning cheerleading skills including motions, formations, chants and cheers with simple stunts and dance. Skills build self-esteem, coordination and team work.

7 classes

Age: 6-10

46529 W 4/23-6/4 4:15-5 PM \$59/\$69

Thomas Farm CC/Zagami

46530 Th 4/24-6/5 4-4:45 PM \$59/\$69

Twinbrook CRC/Zagami

PE for Homeschoolers



Aimed at helping parents meet physical education requirements for their home schooled children. Basic fundamentals of sports/physical activities will be taught with an emphasis on participation, fun and skill development.

Age: 5-15

47119 M 4/21-6/9 1:30-2:30 PM \$56/\$65

47120 W 4/23-6/11 1:30-2:30 PM \$64/\$75

47121 F 4/25-6/13 1:30-2:30 PM \$64/\$75

Rockville Swim and Fitness Center/Serrano

Children

Pre-Teen Fitness



This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Increase your overall fitness or support your sport-specific training.

Age: 7-12
 47125 F 4/25-6/13 6:30-7:30 PM \$80/\$93
 Rockville Swim and Fitness Center/McCarroll



School Break Programs

Spring Break Mini Camps



Children in Kindergarten through fifth grade will enjoy supervised programs and participate in crafts, organized games, sports and adventure. Mini-Camp also includes a day trip to the Maryland Recycling Center. Programs may vary slightly by location. Participants should bring a lunch each day and wear comfortable clothes and sneakers.

Age: 5-11
 46340 M-F 4/14-4/18 9 AM-5 PM \$150/\$180
 Twinbrook CRC Annex

46339 M-F 4/14-4/18 9 AM-3 PM \$130/\$140
 Thomas Farm CC

46343 M-F 4/14-4/18 9 AM-3 PM \$130/\$140
 Lincoln Park CC



Zumba Fit-Kids



Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy/low impact class has something to offer all fitness levels.

Age: 7-12
 47127 Sa 4/26-6/14 12-12:45 PM \$56/\$65
 Rockville Swim and Fitness Center/Groman

Sports - Instructional



We recommend bringing a water bottle to all sports programs.

Basketball Skills - Co-Ed



Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations. 8 classes

Age: 9-11
 46493 Th 4/24-6/12 4-4:50 PM \$65/\$75

Age: 12-15
 46494 Th 4/24-6/12 5-5:50 PM \$65/\$75
 Thomas Farm CC/Jordan

WAITING LIST ...

If your desired class is filled, you will be notified and placed on a waiting list.



We make every effort to accommodate those on the list. If an opening becomes available, we will go to the wait list to fill the class.

Children

Fencing - Youth Beginner



Designed to expose children to the Olympic sport of fencing, this class emphasizes safety and proper technique. Equipment is provided; however, participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Flexible swords are used. 9 classes

Age: 7-9

46507	Th	4/10-6/12	6-7 PM	\$128/\$151
46508	Sa	4/12-6/21	11 AM-12 PM	\$128/\$151

Age: 10-13

46509	Th	4/10-6/12	7:20-8:40 PM	\$128/\$151
46510	Sa	4/12-6/21	12:20-1:40 PM	\$128/\$151

Rockville Fencing Academy/Academy AStaff

Lacrosse for Girls



Beginner to intermediate skills and offensive/defensive strategies will be taught. Participants are divided into groups based on age and skill level. Bring a woman's lacrosse stick, goggles and a colored mouth guard. Group discounts: \$10 off for each family member (2 or more) and \$10 off for each member of a team (5 or more). To receive a discount, register by mail, fax or walk-in. 4 classes

Grade: K-4

46526	F	5/2-5/23	5:30-7 PM	\$75/\$88
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Grade: 5-8

46527	F	5/2-5/23	5:30-7 PM	\$75/\$88
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Robert Frost MS/McCormick

Skateboarding for Kids



Interested in skateboarding? Whether you are a first-time rider or a pro, this class will teach everything from the basic kick turn and ollie, to the advanced 360 flip and more! Bring skateboard, helmet, knee and elbow pads and wrist guards. All levels welcome. 6 classes

Age: 5-14

46539	Tu	4/22-5/27	4-5 PM	\$65/\$75
46540	Tu	4/22-5/27	5-6 PM	\$65/\$75

Rockville Skate Park/Verdell



Soccer Skills



Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages will be introduced based on skill level of participants. 6 classes

Age: 4-5

46542	Sa	4/12-5/31	9-9:50 AM	\$65/\$75
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King Farm Park/Thomas

Age: 5-6

47153	Tu	4/22-5/27	4:30-5:20 PM	\$65/\$75
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Montrose Park/Flores

Age: 6-7

46543	Sa	4/12-5/31	10-10:50 AM	\$65/\$75
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King Farm Park/Thomas

Age: 7-9

46544	Sa	4/12-5/31	11-11:50 AM	\$65/\$75
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King Farm Park/Thomas

Age: 7-9

47154	Tu	4/22-5/27	5:30-6:20 PM	\$65/\$75
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Montrose Park /Flores



Street Hockey for Kids - Beginner



Few sports match the speed, skill and excitement of hockey. Learn new tricks or expand your skills. Shooting tips, passing, stick handling and goalie techniques along with rules, teamwork, safety and sportsmanship will be covered. We recommend wearing gloves, long sleeves and elbow pads. Equipment is provided. 6 classes

Age: 7-10

46545	W	4/23-5/28	4:30-5:20 PM	\$65/\$75
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King Farm Park/Orrell

Children

T-Ball Skills - Beginner



Youngsters will enjoy this fun and active class as they learn the fundamentals of catching, throwing, batting and fielding. Bring a mitt. 6 classes

Age: 5-7				
46548	Sa	4/12-5/31	10-10:50 AM	\$65/\$75
46549	Sa	4/12-5/31	11-11:50 AM	\$65/\$75
King Farm Park/Orell				

Tennis Skills



Lessons for beginners will emphasize fundamentals that include grip, stance, a variety of strokes and rules. More advanced players will improve shot variety and strategies. Ability levels may vary and instructors will work on advancing skills for all participants. Bring a racquet. 6 classes

Age: 5-7				
46566	Th	4/24-5/29	5-5:50 PM	\$69/\$79
Montrose Park/Z. Yargici				

Age: 5-7				
46569	W	4/9-5/21	4:30-5:20 PM	\$69/\$79
46571	Sa	4/12-5/31	3-3:50 PM	\$69/\$79
Broome Athletic Park/Raaf				

Age: 8-10				
46568	Th	4/24-5/29	6-6:50 PM	\$69/\$79
Montrose Park/Z. Yargici				

Age: 9-12				
46567	Sa	4/26-6/7	11-11:50 AM	\$69/\$79
King Farm Park/Gough				

Age: 11-15				
46570	W	4/9-5/21	5:30-6:20 PM	\$69/\$79
Broome Athletic Park/Raaf				

UK Elite Soccer - Brazilian Theme



Improve fundamental techniques, skills and all aspects of your game using Brazilian-style soccer tactics. Wear shin guards. Cleats are recommended. 6 classes

Age: 7-10				
46582	W	4/9-5/21	6-7 PM	\$95/\$105
King Farm Park/UK Elite Staff				

UK Elite Soccer - Technical



Focusing on the individual, this class will teach techniques and skills with games, structured practices and scrimmages. Our professional coaches will ensure players improve their game and have a memorable experience. Wear shin guards. Cleats are recommended. 6 classes

Age: 5-6				
46583	W	4/9-5/21	6-7 PM	\$95/\$105
King Farm Park/UK Elite Staff				

Tennis - 10 and Under



Using kid-sized racquets, nets and balls, players learn tennis quickly on courts suited for their size. Skills are developed through game based teaching in a positive environment. Equipment is provided. 6 classes

Age: 5-7				
46550	Sa	4/26-6/7	9-9:50 AM	\$69/\$79
King Farm Park/Gough				

Age: 6-8				
46807	Sa	4/26-6/7	3-3:50 PM	\$69/\$79
46810	Su	4/27-6/8	10-10:50 AM	\$69/\$79
King Farm Park/Z. Yargici				

Age: 8-10				
46551	Sa	4/26-6/7	10-10:50 AM	\$69/\$79
King Farm Park/Gough				

46552	Sa	4/12-5/31	4-4:50 PM	\$69/\$79
Broome Athletic Park/Raaf				



Children



(space is limited)

Co-Rec T-Ball

Age: 4-6 #45396

Co-Rec Coach Pitch Baseball

Age: 7-9 #45395

Co-Rec Soccer

Age: 4 #45408

Age: 5-6 #45409

Age: 7-8 #45410

Track and Field

Age: 6-8 #45397

Age: 9-10 #45398

Age: 11-12 #45399

Age: 13-14 #45400

For more information:
email sports@rockvillemd.gov
www.rockvillemd.gov/recreation/sports

240-314-8620

Everyone's a Winner!

Youth Tennis Tournament

USTA Sanctioned

*Emphasizing skill development
in a fun, non-competitive setting.*

10 and Under

Sat., June 7

1-5 p.m.

Kid-sized courts, nets, racquets and low compression balls.

City of Rockville Tennis Courts

Ages: 9-10

\$28 R; \$33 NR

Course # 46724

12 and Under

June 7 and 8

1-5 p.m.

City of Rockville
Tennis Courts

Ages: 11-12

\$33 R; \$38 NR

Course # 46726



www.rockvillemd.gov/recreation/sports



The Fun Never Stops at the

Summer Playgrounds

1 Sign-up for a SUMMER PLAYGROUND SITE

Kids will enjoy their summer with us participating in sports and games, fitness, arts and crafts, nature and other exciting activities. Weekly themes accent the fun as participants "Reach for the Stars," "Play and Get Fit" and engage in "World Sports." Children must be age 6 by September 1, 2014 (proof required). Online registration is accepted until the first day of the program. Receive a 10% discount for sibling registrations (not available online). Financial assistance is available for those who qualify. Note: Playgrounds will not be held on Friday, July 4. For more information, call 240-314-8620 or visit our website at: www.rockvillemd.gov/summerplaygrounds. **Note: Facilities based on availability.**

2 Register for PLAYGROUND EXTRAS

Extra activities are available to highlight your child's playground experience. These optional activities are listed below and require advance registration and additional fees. Note: Children must first be registered for their playground site in order to sign-up for a "Playground Extra." For days and times, see individual Playground listings on pages 20-22.

Bowling

Ten-pin bowling trip to Bowl America includes games, shoe rental and bus transportation. Buses will pick-up and return children to their playground site. (Ages: 6-12)

Swim

Take a splash and cool off during weekly swim at the Rockville Swim and Fitness Center. For days and times, see individual playground listings on pages 20-22. Bus transportation will be provided. (Ages: 6-12)

Tennis Aces

Kids will learn tennis quickly using kid friendly racquets, balls and nets. For days and times, see individual playground listings on pages 20-22. (Ages: 6-12)

Adventure Park *New*

Venture to a new park with us. Trip includes entrance ticket, staff supervision and bus transportation. Buses will pick the children up at the Rockville Civic Center parking lot at 9 a.m. and return them to the same location at 3:30 p.m. (Ages: 6-12)

Elwood Extended Play: Morning and afternoon hours available from 8-9:30 a.m. and 3:30-6 p.m. Kids will enjoy a variety of games, crafts and other activities. A snack will be provided during afternoon hours. Available only for Elwood Smith Recreation Center participants. See details on page 20. *New*

3 GO to your SUMMER PLAYGROUND SITE on June 23

Meet our wonderful staff and get ready for fun!

Reminder – Bring completed Participant Information and Release Form on first day.

Summer Playgrounds



BEALL ELEMENTARY SCHOOL

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	46586	M-F	6/23-7/31	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim	46599	TH	7/3-7/31	10 a.m.-Noon	\$25 R/\$30 NR	6-12
Tennis Aces	46641	TU	7/1-7/29	11:30 a.m.-12:20 p.m.	\$20 R/\$25 NR (No class 7/15)	6-12
Bowling	46597	F	7/11	10:00 a.m.-1:00 p.m.	\$18 R & NR	6-12
Adventure Park	46598	TU	7/15	9 a.m.-3:30 p.m.	\$25 R & NR	6-12

CALVIN PARK

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	46590	M-F	6/23-7/31	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim	46615	W	7/2-7/30	10 a.m.-Noon.	\$20 R/\$25 NR (No swim 7/23)	6-12
Tennis Aces	46612	W	7/2-7/30	1:45-2:35 p.m.	\$20 R/\$25 NR (No class 7/23)	6-12
Bowling	46613	F	7/18	10:00 a.m.-1:00 p.m.	\$18 R & NR	6-12
Adventure Park	46614	TU	7/15	9 a.m. -3:30 p.m.	\$25 R & NR	6-12

ELWOOD SMITH RECREATION CENTER

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	46589	M-F	6/23-7/31	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim	46603	TH	7/3-7/31	10 a.m.-Noon	\$25 R/\$30 NR	6-12
Tennis Aces	46600	M	6/30-7/28	11:30 a.m.-12:20 p.m.	\$25 R/\$30 NR	6-12
Bowling	46601	F	7/18	10:00 a.m.-1:00 p.m.	\$18 R & NR	6-12
Adventure Park	46602	TU	7/15	9 a.m.-3:30 p.m.	\$25 R & NR	6-12

ELWOOD SMITH – EXTENDED PLAY *New*

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Extended Play	46643	M-F	6/23-7/31	8-9:30 a.m. & 3:30-6 p.m.	\$60 R/\$95 NR (No class 7/4)	6-12



Summer Playgrounds

FALLSGROVE/THOMAS FARM COMMUNITY CENTER

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	46588	M-F	6/23-7/31	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim	46607	TU	7/1-7/29	10 a.m.-Noon	\$25 R/\$30 NR	6-12
Tennis Aces	46604	TH	7/3-7/31	11:30 a.m.-12:20 p.m.	\$25 R/\$30 NR	6-12
Bowling	46605	W	7/2	10:00 a.m.-1:00 p.m.	\$18 R & NR	6-12
Adventure Park	46606	TU	7/15	9 a.m.-3:30 p.m.	\$25 R & NR	6-12

ISREAL PARK/LINCOLN PARK COMMUNITY CENTER

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	46589	M-F	6/23-7/31	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim	46611	W	7/2-7/30	10 a.m.-Noon.	\$20 R/\$25 NR (No swim 7/23)	6-12
Tennis Aces	46608	TH	7/3-7/31	1:45-2:35 p.m.	\$25 R/\$30 NR (No class 7/23)	6-12
Bowling	46609	F	7/18	10:00 a.m.-1:00 p.m.	\$18 R & NR	6-12
Adventure Park	46610	TU	7/15	9 a.m.-3:30 p.m.	\$25 R & NR	6-12

LAKWOOD ELEMENTARY SCHOOL

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	46591	M-F	6/23-7/31	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim	46620	TU	7/1-7/29	10 a.m.-Noon	\$20 R/\$25 NR (No swim 7/15)	6-12
Tennis Aces	46617	M	6/30-7/28	10-10:50 a.m.	\$25 R/\$30 NR	6-12
Tennis Aces	46616	W	7/2-7/30	10-10:50 a.m.	\$20 R/\$25 NR (No class 7/23)	6-12
Bowling	46618	F	7/11	10:00 a.m.-1:00 p.m.	\$18 R & NR	6-12
Adventure Park	46619	TU	7/15	9 a.m.-3:30 p.m.	\$25R & NR	6-12





Summer Playgrounds

MONTROSE PARK COMMUNITY CENTER AND PARK

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	46593	M-F	6/23-7/31	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim	46628	TH	7/3-7/31	10 a.m.-Noon	\$25 R/\$30 NR	6-12
Tennis Aces	46624	TH	7/3-7/31	10-10:50 a.m.	\$25 R/\$30 NR	6-12
Bowling	46626	W	7/2	10:00 a.m.-1:00 p.m.	\$18 R & NR	6-12
Adventure Park	46627	TU	7/15	9 a.m.-3:30 p.m.	\$25 R & NR	6-12

POTOMAC WOODS PARK

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	46594	M-F	6/23-7/31	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim	46632	TH	7/3-7/31	10 a.m.-Noon	\$25 R/\$30 NR	6-12
Tennis Aces	46629	TU	7/1-7/29	1:45 a.m.-2:35 p.m.	\$20 R/\$25 NR (No class 7/15)	6-12
Bowling	46630	F	7/11	10:00 a.m.-1:300 p.m.	\$18 R & NR	6-12
Adventure Park	46631	TU	7/15	9 a.m.-3:30 p.m.	\$25 R & NR	6-12

HILLCREST PARK

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	46596	M-F	6/23-7/31	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim	46640	W	7/2-7/30	10 a.m.-Noon	\$20 R/\$25 NR (No class 7/23)	6-12
Tennis Aces	46637	M	6/30-7/28	1:45-2:35 p.m.	\$25 R/\$30 NR	6-12
Bowling	46638	F	7/18	10:00 a.m.-1:00 p.m.	\$18 R & NR	6-12
Adventure Park	46639	TU	7/15	9 a.m.-3:30 p.m.	\$25 R & NR	6-12

WOODLEY GARDENS PARK

Activity	Course #	Day(s)	Dates	Time	Cost	Ages
Playground	46595	M-F	6/23-7/31	9:30 a.m.-3:30 p.m.	\$115 R/\$195 NR	6-12
Swim	46636	TH	7/3-7/31	10 a.m.-Noon	\$25 R/\$30 NR	6-12
Tennis Aces	46633	TU	7/1-7/29	10-10:50 a.m.	\$20 R/\$25 NR (No class 7/15)	6-12
Bowling	46634	F	7/11	10:00 a.m.-1:00 p.m.	\$18 R & NR	6-12
Adventure Park	46635	TU	7/15	9 a.m.-3:30 p.m.	\$25 R & NR	6-12



Croydon Creek Nature Center



852 Avery Road (off Baltimore Road) • Rockville, MD 20851 • 240-314-8770
www.rockvillemd.gov/croydoncreek

Activities are held at Croydon Creek Nature Center. Registration is required. Note: There are no registration deadlines, unless otherwise stated. Registration is available for programs up until the day of the event as space allows.

Croydon Creek Campfire (Adult/Child)

Gather around the campfire with your friends for stories, snacks and more. An adult must accompany children and all participants must register. Bring a blanket or lawn chairs for seating.

All Ages

Celebrate Earth Day

Learn the history behind Earth Day, take tips from Mother Nature and find fun and easy ways for you and your family to be more earth friendly.

47149 Sa 4/12 7:30-8:30 PM \$5/\$6

Animal Babies

In nature, spring is the time for babies. Celebrate Mother's Day and learn about some local animal moms and their babies as you gather around the campfire and enjoy a delicious treat.

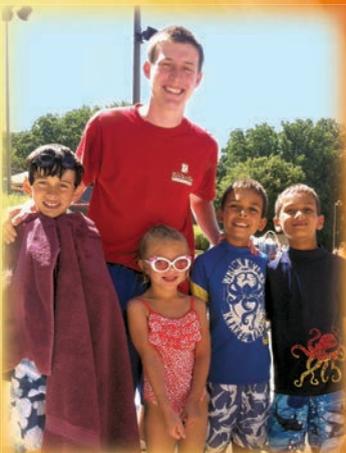
47145 Sa 5/10 8-9 PM \$5/\$6

LET US

June 16 - Aug. 22

ROCK YOUR SUMMER

- Over 65 camps
- Before and after care; transportation
- One and multi-week options
- Open to all; ages 3-16
- Celebrating more than 50 years of summer fun
- Registration begins Jan. 21; early-bird special ends March 18



www.rockvillemd.gov/camps • 240-314-8620

Family Geocache



Connect your family with nature with a forest and field geocaching program. Participants will learn the basics of geocaching while spending time outdoors. All participants must register including adults.

Age: 6+

47165 Su 5/11 3-4:30 PM \$6/\$8

Family Ramble



Join a Naturalist on a hike through the Hayes Forest Preserve. Trails are not stroller friendly. All participants must register including adults. Children under 12 must be accompanied by an adult.

Age: 1+

Forest

Get to know the forest by looking under logs, searching for forest critters and taking a close-up look at trees.

47166 Su 5/18 1:30-2:30 PM \$3/\$5

Creek

Wade into the creek to catch and examine creek critters. We provide the nets and all equipment; you come prepared to get wet and have fun. Everyone must wear closed-toe shoes!

47167 Su 6/8 1:30-2:30 PM \$3/\$5

Go Green Lecture Series

Co-sponsored by the Nature Center and the City's Environmental Management Division, this lecture series offers you easy ways to make a positive impact on your environment. Register by: 4/7

Age: 12+

Climate Reality

Learn about the impact of climate change on human life. Discover how it is causing severe weather events, having an impact on agriculture, human health, fresh water supplies, and what actions we can take to be part of the solution.

47168 W 4/9 6:30-8 PM Free

Nature Center



Nature Tots (Adult/Child)

Spend time with your child discovering the wonders of nature. A Naturalist will help you explore a new nature topic through nature play, crafts, stories and hikes. Dress for the weather. This program is intended to provide special one-on-one time for you and your child. Adult participation required.

Age: 2-5

Pollinators

46997 Th 4/10 10-11:30 AM \$8/\$10

Backyard Buddies

46998 Th 4/24 10-11:30 AM \$8/\$10

A Bug's Life

46999 Th 5/8 10-11:30 AM \$8/\$10

Soil Sleuth

47000 Th 5/22 10-11:30 AM \$8/\$10

Creek Critters

47001 Th 6/5 10-11:30 AM \$8/\$10

Nocturnal Animals

47002 Th 6/19 10-11:30 AM \$8/\$10

Saturday Story and Hike (Adult/Child)



Stop by the Nature Center for story time and a hike. Our Naturalist will read a story and lead a hike based on the story. Dress for the weather. Adult participation required.

Age: 2-5

47155 Sa 4/19 10-11 AM \$4/\$6

47156 Sa 5/17 10-11 AM \$4/\$6

47157 Sa 6/21 10-11 AM \$4/\$6

Star Party

Discover objects easily visible in the night sky, look through telescopes with an astronomer and enjoy a campfire treat. All participants must register.

Age: 5+

47164 Sa 5/3 8:30-9:30 PM \$6/\$8

RockvilleRec is on Twitter

Follow us for weather and schedule updates, new class information and the latest in Rockville Recreation programs and services. Follow @RockvilleRec.

Log on and join @
www.twitter.com



Meet Bill Minning



Walk into the Croydon Creek Nature Center on any given weekday and it is likely that you will be greeted with a smile by Front Desk Staff, Bill Minning. From answering questions to booking reservations, sending media releases to performing much of the heavy lifting at the Nature Center, Bill is an invaluable member of the team. His dedication to customer service is one of the reasons Croydon Creek is a great place to visit.

Any questions about Croydon Creek? Stop in and say hello to Bill. He'd be happy point you in the right direction.

Trash to Treasure Crafts

New

Everyone knows the 3Rs: reduce, reuse, recycle. Fashion your recyclables into fantastic crafts that turn trash into treasures. We'll show you how. Bring at least three of the following: newspapers and glass jar, magazines, cardboard tubes, soda cans, steel can, paper grocery bag, old CD, t-shirt, milk/soda/juice bottles or cartons.

Age: 7+

47169 Su 4/27 1:30-2:30 PM \$7/\$9





Green Your Backyard

Sunday, April 13, 1:30-3 p.m.
Croydon Creek Nature Center

Learn about RainScapes Rewards and other City programs. Green your back yard and reduce pollution.

Topics include rain barrels, conservation landscaping, tree planting and other environmental tips. Residents are eligible to enter a free raffle for a rain barrel.

Open on a first-come, first-served basis; registration required. To register, call the RainScapes Coordinator at 240-314-8877 or email rainscapes@rockvillemd.gov with your name and address. Free.



Saturday, May 17
9 a.m. - 5 p.m.

The National Parks Trust and the City of Rockville Recreation and Parks Department invite everyone to visit Croydon Creek Nature Center to celebrate

KIDS TO PARKS DAY

Spend time outdoors. Enjoy the **Hayes Forest Preserve.**
240-314-8770

12TH ANNUAL

Spring Festival and Native Plant Sale

Saturday, April 26
10 a.m. - 2 p.m.

Enjoy the wonders of nature with your family.

- Woodland Hikes
- Spring Native Plant Sale
- Nature Games and Crafts
- Live Animal Show
- Sustainability Exhibits
- Bring a picnic lunch

FREE EVENT

No registration required



852 Avery Road, Rockville, MD 20851
240-314-8770

www.rockvillemd.gov/croydoncreek

CLEAN-UP EVENTS

Hayes Forest Preserve

Join us for some spring cleaning!

CREEK CLEAN-UP
Saturday, April 5, 9 a.m. – Noon

INVASIVE SPECIES PULL
Sunday, April 13, 1:30-4:30 p.m.

- Time working at events is eligible for Student Service Learning hours.
- Students, 14 years and younger, must be accompanied by an adult.
- Gloves and bags provided.

No registration required.
240-314-8770





Spring Break at

visarts

AT ROCKVILLE

Kids Create Camp

April 14 - 18, 2014
8:30 am - 3:00 pm

Artistic Adventure (ages 7-12)
Young Artist (ages 5-6)

Extended Care (ages 5-12)
3:00 pm - 6:00 pm

For more information & to Register
www.VisArtsCenter.org



GROWERS ONLY

Farmers Market

All items are fresh picked daily.



SATURDAYS

9 a.m. – 1 p.m.

May 10 – Nov. 22

Corner of Route 28 and Monroe Street



Like us on Facebook:
City of Rockville Farmers Market

240-314-8620

www.rockvillemd.gov/farmers

Teens

Arts, Dance and Enrichment

Ballet for Teens - Advanced

Students with five or more years of experience are welcome to learn advanced techniques. If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. Registration must be handled by mail, fax or walk-in to receive a discount. See Adult and Children Ballet for more classes. Class participants may register for the Spring Recital #45273. Participants requiring more than one costume should choose the corresponding recital number. For no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details. 6-8 classes

Age: 13+				
46650	M	3/31-5/19	5:45-7 PM	\$65/\$75
46651	W	4/2-5/28	5:45-7 PM	\$85/\$95
Rockcrest Ballet Ctr./Mangan				

After School Enrichment

After School Madness

Calling all fifth through eighth graders to join the Madness! This after school program includes SSL projects, "First Friday" parties, field trips, cooking, health and wellness and more. Transportation is provided by the City of Rockville from Wood MS and by MCPS from Julius West MS. The program is held on half days, Noon-6:30 p.m. It is closed on holidays or when MCPS is closed. Lincoln Park Community Center is a pick-up location on as as-needed-basis. For more information, call 240-314-8634.

Grade: 5-8 (NEW - 5th graders welcome!)				
47034	M-F	4/22-4/30	3-6:30 PM	\$25/\$29
47035	M-F	5/1-5/31	3-6:30 PM	\$49/\$55
47036	M-F	6/2-6/12	3-6:30 PM	\$25/\$29
Twinbrook CRC				

Totally Teens

An after school program just for teens! Homework help, community service projects, sports, arts, dance, video games, ping pong, special interest clubs and more. Registration is required. Transportation is provided from Julius West MS. The program is held on half days, Noon-6:30 p.m. It is closed holidays or when MCPS is closed.

Grade: 6-10				
With Snack				
46333	M-F	4/22-6/12	3-6:30 PM	\$289/\$305
Without Snack				
46334	M-F	4/22-6/12	3-6:30 PM	\$229/\$245
Thomas Farm CC				

Dance Fitness Team *New*

Imagine yourself being part of a dance team. Learn a variety of dances including hip hop, jazz, modern and Latin. Use your choreographies for talent shows, proms or other events at your school. Wear comfortable clothing. 4 classes

Grade: 6-8				
46990	Tu	4/1-4/29	4-4:55 PM	\$39/\$45
Robert Frost MS/Dansez! Dansez!				
46991	Tu	5/6-5/27	3:30-4:25 PM	\$39/\$45
Twinbrook Community RC/Dansez! Dansez!				

Late Night Events

No school in the morning, no early rising, so why not stay out late and hang with your friends. Come play basketball at March Madness late night basketball or stay up late partying to kick off MCPS Spring Break. Participants must have student an ID to attend and can register in advance or at the door.

Grade: 6-9				
Full Court Basketball				
47143	Th	3/27	7-11 PM	\$3/\$5
Twinbrook CRC Gym				



Teens

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



Teen Fit

This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Increase your overall fitness or support your sport-specific training. Class is taught by a certified personal trainer.



Age: 13-18
 47129 M 4/21-6/9 5:30-6:15 PM \$70/\$81
 Rockville Swim and Fitness Center/TBA

School Break Programs

Spring Break Adventure Trips

Sign up with your friends and create great memories enjoying all three great adventures: Paintball, Rebounderz (trampoline fun) and the Ropes Course. Pick-up and drop-off at Julius West MS. Register by: 3/31



Grade: 6-10
Paintball
 47137 Tu 4/15 10 AM-5 PM \$25/\$30

Rebounderz
 47138 W 4/16 11 AM-3 PM \$25/\$30

Ropes Course
 47139 Th 4/17 10 AM-5 PM \$25/\$30
 Departs: Julius West MS



Trips

Registration for trips begins upon receipt of the Recreation Guide. Specific information will be mailed to participants one week prior to each trip. Call our teen staff with any questions or concerns at 240-314-8634.

Go-Karting and Roller Skating

No sitting on the couch on your day off. Let's go roller skating and go-karting. Cost includes supervision and transportation. Bring money for lunch and/or snack. Pick-up and drop-off at Julius West MS. Register by: 3/14

Grade: 6-10
 47140 F 3/28 11 AM-4 PM \$20/\$25
 Departs: Julius West MS



Pottery Night

Mother's Day is coming fast. Hang out with your friends while making a gift for that special woman in your life that she'll cherish forever. Cost includes transportation, supervision and pottery instruction/supplies. Bring money for lunch. Pick up and drop off Julius West MS. Register by: 4/18

47141 F 5/2 3-7 PM \$15/\$19
 Departs: Julius West MS

WE WANT YOU!



Summer 2014 Camps and Playgrounds



Great Hours – Excellent Salary!

Up to 7-week program/33 hours per week

- Teach sports and games
- Outdoor activities
- Arts and crafts and more . . .

For job openings and application information, visit www.rockvillemd.gov/careers

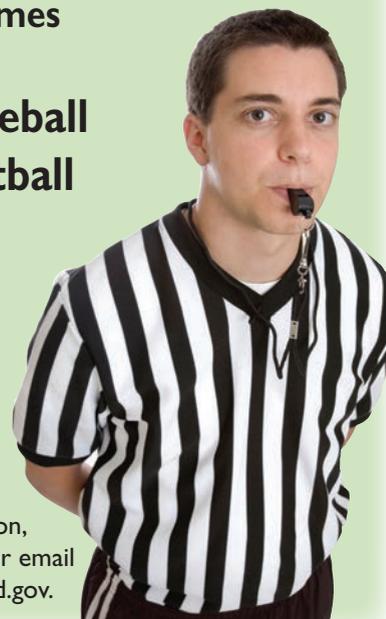
Applications available Feb. 3. Applications may also be completed at Rockville City Hall, Human Resources, 111 Maryland Ave., Rockville, MD 20850. EOE

OFFICIALS NEEDED!

Youth and Adult Sports Leagues
Weekday Evening and
Weekend Games

- Youth Baseball
- Adult Softball

Training in
March



For more information, call 240-314-8620 or email sports@rockvillemd.gov.

Come Skate at the Rockville

FREE

355 Martins Lane
(behind Swim and
Fitness Center)

Skate Park

featuring:

Micro Ramp with
Escalator and Pyramid



Hours: 9 a.m. – 10 p.m. • 7 Days a Week
Park has Lights • 240-314-8620
www.rockvillemd.gov/skatepark

TEENS on the GO

THREE STEPS
TO A SUMMER
OF FUN!

1

Sign Up for "Teens on the Go"

"Teens on the Go" is a summer program for youth, in grades 6-10, held Monday through Friday. Hours will vary depending on the trip destination. Teens will be picked-up and dropped-off daily at one location that they choose, to attend various recreational trips and events. **Spaces are limited for each trip and trips fill quickly.**

In order to participate in the "Teens on the Go Trips" you must first register as a member for the summer by selecting one pick-up/drop-off location. This is FREE but required.

COURSE #	DAY	DATE	FEE	PICK-UP/DROP-OFF LOCATION	PICK-UP TIME
46433	M-F	6/23-8/15	FREE	Twinbrook CRC	45 minutes prior to trip time
46434	M-F	6/23-8/15	FREE	Lincoln Park CC	30 minutes prior to trip time
42435	M-F	6/23-8/15	FREE	Thomas Farm CC	15 minutes prior to trip time
42436	M-F	6/23-8/15	FREE	Julius West MS/ Parking Lot	10 minutes prior to trip time

2

Register for Trips

TRIPS SUBJECT TO CHANGE.

DATE	COURSE #	TRIP	TIME	COST (R/NR)	DEADLINE
6/23	46471	Swimming	12-5 p.m.	\$7/\$8	6/13
6/2	46470	Go-Karting and Skating	10 a.m.-5 p.m.	\$35/\$39	6/13
6/25	46469	Bowling & Movie (PG/PG-13)	10 a.m.- 5 p.m.	\$15/\$19	6/13
6/26	46460	Six Flags America	10 a.m.-5 p.m.	\$22/\$29	6/13
6/27	46459	Gaithersburg Water Park	12-5 p.m.	\$8/\$9	6/13
Wk 1	46442	All Week #1 Trips	Varies	\$87/\$104	6/13
6/30	46456	Swimming	12-5 p.m.	\$7/\$8	6/20
7/1	46468	Indoor & Outdoor Laser Tag	10 a.m.-5 p.m.	\$32/\$39	6/20
7/2	46467	Pottery & Movie (PG/PG-13)	10 a.m.-5 p.m.	\$22/\$25	6/20
7/3	46466	Splashdown Water Park	11-5 p.m.	\$15/\$19	6/20
7/4	-----	Holiday – NO TRIP	-----	-----	-----
Wk 2	46443	All Week #2 Trips	Varies	\$76/\$91	6/20
7/7	46465	Swimming	12-5 p.m.	\$7/\$8	6/27
7/8	46462	Ropes Course & Lunch	10 a.m.-5 p.m.	\$32/\$39	6/27
7/9	46464	Rock Climbing	10 a.m.-5 p.m.	\$19/\$25	6/27
7/10	46461	Kings Dominion	9 a.m.-8 p.m.	\$39/\$45	6/27
7/11	46463	Great Waves Water Park	11 a.m.-5 p.m.	\$15/\$19	6/27
Wk 3	46444	All Week #3 Trips	Varies	\$112/\$136	6/27

TEENS on the GO

DATE	COURSE #	TRIP	TIME	COST (R/NR)	DEADLINE
7/14	46451	Swimming	12-5 p.m.	\$7/\$8	7/3
7/15	46453	Washington Mystics	10 a.m.-3 p.m.	\$15/\$19	7/3
7/16	46452	Rebounderz	10 a.m.-5 p.m.	\$25/\$29	7/3
7/17	46450	Hershey Park	8 a.m.-8 p.m.	\$42/\$45	7/3
7/18	46449	Water Mines Water Park	11 a.m.-5 p.m.	\$15/\$19	7/3
Wk 4	46445	All Week #4 Trips	Varies	\$104/\$120	7/3
7/21	46448	Swimming	12-5 p.m.	\$7/\$8	7/11
7/22	46437	Go-Karting and Skating	10 a.m.-5 p.m.	\$35/\$39	7/11
7/23	46438	Rafting	8 a.m.-4 p.m.	\$39/\$42	7/11
7/24	46458	Washington Nationals Game	10 a.m.-5 p.m.	\$19/\$25	7/11
7/25	46457	Volcano Island Water Park	11-5 p.m.	\$15/\$19	7/11
Wk 5	46446	All Week #5 Trips	Varies	\$115/\$133	7/11
7/28	46439	Swimming	12-5 p.m.	\$7/\$8	7/18
7/29	46440	Paintball	10 a.m.-5 p.m.	\$32/\$35	7/18
7/30	46455	Bowling and Movie (PG/PG13)	10 a.m.-5 p.m.	\$15/\$19	7/18
7/31	46441	Kings Dominion	9 a.m.-8 p.m.	\$39/\$45	7/18
8/1	46454	Ocean Dunes Water Park	11-5 p.m.	\$15/\$19	7/18
Wk 6	46447	All Week #6 Trips	Varies	\$108/\$126	7/18
8/4	46472	Swimming	12-5 p.m.	\$7/\$8	7/25
8/5	46473	Baltimore Aquarium	10 a.m.-5 p.m.	\$25/\$29	7/25
8/6	46474	Cascade Lake	10 a.m.-5 p.m.	\$9/\$12	7/25
8/7	46475	Six Flags, NJ	10 a.m.-5 p.m.	\$39/\$45	7/25
8/8	46476	Pirates Cove Water Park	11-5 p.m.	\$15/\$19	7/25
Wk 7	46482	All Week #7 Trips	Varies	\$95/\$113	7/25
8/11	46477	Swimming	12-5 p.m.	\$7/\$8	8/1
8/12	46478	Water Country USA	8 a.m.-7 p.m.	\$35/\$39	8/1
8/13	46479	Pottery & Movie (PG/PG-13)	10 a.m.-5 p.m.	\$22/\$25	8/1
8/14	46480	Rebounderz	9 a.m.-8 p.m.	\$25/\$29	8/1
8/15	46481	Atlantis Water Park	11-5 p.m.	\$15/\$19	8/1
Wk 8	46483	All Week #8 Trips	Varies	\$101/\$120	8/1

Important Trip Notes:

- All trips held rain or shine, except for Monday and Friday Swim days. Call the office for updates, 240-314-8634/8638.
- Trips may be cancelled due to insufficient registration. A cancellation letter will be mailed one week prior to the trip.
- An alternative trip may be offered in the event a trip is cancelled. This is always our first option, but may not always be feasible. Be sure we have your correct e-mail address on file.
- Detailed trip information will be mailed one week prior to the trip date. If you do not receive a letter, call 240-314-8634/8638. In the event a trip ends early, participants will participate in supervised games/activities at a City of Rockville Community Center until the scheduled pick up time. Parents are not required to come early.

3 Meet Us

Be at your designated pick-up/drop-off location on the day of the trip and be ready for some fun!

Adults

Arts, Dance and Enrichment

Ballet for Adults

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Participants registering for two or more ballet classes may apply a \$5 discount to one class. To receive a discount, register by mail, fax or walk-in. See teen ballet for more classes. 6-8 classes

Age: 13+

Beginner

47243 M 3/31-5/19 7:15-8:15 PM \$55/\$65

Beginner/Intermediate

46346 Th 4/3-5/29 7:45-9 PM \$85/\$95

Advanced

46344 Tu 4/1-5/27 6:30-7:45 PM \$85/\$95

46345 Th 4/3-5/29 6:30-7:45 PM \$85/\$95

Rockcrest Ballet Ctr./Mangan

Ballroom Dance - Beginner

Even if you think you have two left feet, join us! Learn basic steps in standard ballroom dances (Foxtrot, Cha Cha, Waltz, Swing, Rumba and Tango). Classes and fees are for couples only. 6 classes

Age: 16+

46347 W 4/23-5/28 7:30-8:25 PM \$69/\$79

Ritchie Park ES/Mola

Belly Dance - Beginner

Students will learn the fundamentals of hip, torso and arm movement styles of belly dance. Class includes a warm-up, posture and alignment, muscle isolation, flexibility. For beginners and those wanting a refresher class. 6 classes

Age: 16+

46348 W 4/23-5/28 6:35-7:25 PM \$49/\$55

Lincoln Park CC/Ford

Dance Yourself Slim

Cooking Workshops



Glazed Lamb Chops

New

Coffee/cinnamon glazed lamb chops with peach chutney and coconut muffins will make a special holiday dinner. Peaches and coffee might sound a bit odd, but these flavors pair beautifully! Note: \$25 supply fee is payable to the instructor at the workshop

Age: 18+

46798 Th 4/10 7-9 PM \$25/\$29

Rockville Sr. Ctr. - Kitchen/Moulton

French Crepes

New

Crepes are easy to make as any Saturday morning flapjacks. Come and learn the techniques from Chef Lynda. Anything goes for the filling, sweet or savory, but a springtime filling of smoked salmon and asparagus is especially delicious. Note: \$20 supply fee is payable to the instructor at the workshop

Age: 18+

46794 Th 4/24 7-9 PM \$25/\$29

Rockville Sr. Ctr. - Kitchen/Moulton

Puff Pastry

New

Known in France as Pâté Feuilletée because of its many layers, puff pastry is crisp, flaky and literally rises to any occasion. Come see how easy it is to make. Portobello Napoleons, Shrimp Puffs and Almond Baked Brie are just a few mouth-watering fillings. Note: \$15 supply fee is payable to the instructor at the workshop.

Age: 18+

46799 Th 5/8 7-9 PM \$25/\$29

Rockville Sr. Ctr. - Kitchen/Moulton

Adults

New

Broadway Moves

Dance like a Broadway Star! This fun and energetic exercise class focuses on being the One Singular Sensation that is YOU. Burn calories, stretch, tone, improve posture and, most of all, enjoy the melodies of Broadway. Class is for all levels. 6 classes

Age: 16+
46349 Th 4/10-5/29 7:30-8:30 PM \$79/\$89
Thomas Farm CC/Devine

Community Spring Yard Sale

Check out all the great bargains or sign up as a vendor and get a parking spot to sell your treasures at our spring outdoor yard sale held at Richard Montgomery HS. This is a great way to kick off your spring cleaning. Vendors must pre-register with payment to secure a space. Payment holds one parking spot and one 6' X 3' table. Set-up time is 7-8 a.m. Raindate: April 27

Age: 10-99
47171 Sa 4/26 8 AM-12 PM \$20
Richard Montgomery HS

F. Scott Fitzgerald Book Club

Join scholars Jackson R. Bryer and Eleanor Heginbotham from the F. Scott Fitzgerald Literary Festival to discuss Fitzgerald's most autobiographical novel "Tender is the Night." Exchange views and examine aspects of this novel about expatriates on the Riviera in the 1920s historic setting of Glenview Mansion. Refreshments will be served.

Age: 15+
46504 Tu 4/29 7-9 PM \$6/\$9
Glenview Mansion



Guitar

Sight reading, chords, scales, songs, technique and theory will be taught in this basic class. Bring a fully-strung guitar, pen and paper. 6 classes

Age: 13+
46350 M 4/28-6/9 7-8 PM \$75/\$89
The School of Music/The School of Music Staff

Line Dancing for All

Join in the fun and get some exercise too. All levels welcome. Start with the basics and add steps and combinations as you go. This is a non-partner, self-paced class. Soft-soled shoes required. No sneakers. 5 classes

Age: 16+
46351 M 4/28-6/2 7-8 PM \$39/\$45
Ritchie Park ES/Cunningham

Tap Dance

In this introduction to a Broadway-style staple, students will experiment with single sounds all the way to complex combinations creating an excellent light cardio workout. Each class will build on the previous to a complete a simple routine. Tap shoes required. Contact Rowena at 301-467-3535 if you have further questions. 8 classes

Age: 16+
46360 Tu 4/22-6/3 7:30-8:25 PM \$69/\$75
Twinbrook CRC/DeLuca

Rockville Sister City
Spring Wine Tasting
Friday, March 28

Glenview Mansion
603 Edmonston Drive
Rockville, MD 20851

240-230-0890

Adults



Wine Workshops

Increase your knowledge of wines and how they are made. Each workshop is independent and geared for beginning and intermediate students. Breads and cheeses will also be provided. Wine presenters, Neil Bassford and Bob Cecil, are working partners in Elk Run Vineyards, an award-winning winery in Frederick County. They will present representative wines from the most significant areas for tasting and comment. Participants must supply photo ID upon request. Cancellations must be received in writing at least 72 hours prior to each workshop to receive a credit, subject to the refund policy.

Age: 21+

Wines of New York

This workshop will cover one of the largest wine-producing states in the U.S. We will discuss the Finger Lakes, Hudson River Valley and Long Island wine regions. The history of winemaking and the major grapes of the regions will also be included.

46784 Th 4/10 7:30-9:30 PM \$35/\$39

California's Central Coast

This workshop covers important emerging wine-producing regions of a state where 90% of the wines sold in the U.S. are made. Areas include Monterey, San Luis Obispo and Santa Barbara counties.

46785 Th 5/8 7:30-9:30 PM \$35/\$39
Glenview Mansion/Cecil

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core strengthening and total body stretching. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights. 8-10 classes

Age: 16+

46486 M 4/7-6/9 6:15-7:15 PM \$60/\$69
Thomas Farm CC/Maguire

46487 Sa 4/5-6/14 8:45-9:45 AM \$75/\$86
Rockville Sr. Ctr./Maguire

3-2-1 Workout

This 30-minute class combines 3 minutes of strength training, followed by 2 minutes of cardio, followed by 1 minute of core work to sculpt your body, burn fat and blast calories! Modifications offered for most exercises; suitable for all fitness levels. Bring mat and weights. 10 classes

Age: 16+

46492 Th 4/10-6/12 5:45-6:15 PM \$50/\$58
Rockville Sr. Ctr./Maguire

Ab Sculpt

Strengthen your power house, lower abdominal muscles, lower back, buttocks and pelvic floor in just 30 minutes. Improve posture, help prevent lower back injuries and flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended.

Age: 16+

47061 M 4/21-6/9 12:45-1:15 PM \$35/\$42
47062 M 4/21-6/9 7:35-8:05 PM \$35/\$42
47063 W 4/23-6/11 12:45-1:15 PM \$40/\$48
47064 W 4/23-6/11 8:05-8:35 PM \$40/\$48
47065 F 4/25-6/13 12:45-1:15 PM \$40/\$48
47066 F 4/25-6/13 7:35-8:05 PM \$40/\$48

Rockville Swim and Fitness Center/Maguire, Cortes, Serano, Groman

Squeeze in Exercise

Adults

Bokwa

New

Get active in this high energy cardio work out. Draw letters and numbers with your feet to popular dance music. No counting or choreography required. Wear workout clothes and sneakers. 8 classes

Age: 16+

46797 Th 4/24-6/12 7:15-8:15 PM \$79/\$89

Rockville Swim and Fitness Center/Zelaya

Boot Camp - Beginner/Intermediate

Reduce body fat, increase cardiovascular stamina and tone muscles in a team environment. Class is designed to introduce the new boot camper to skills and drills of our advanced class. Workouts can be modified to increase or decrease intensity.

Age: 16+

47073 Tu & Th 4/22-6/12 6:30-7:30 AM \$128/\$149

Rockville Swim and Fitness Center/Nelson

Boot Camp - Intermediate/Advanced

This class incorporates drills designed to enhance agility, speed, power, strength and quickness. Workout in a team environment while challenging yourself to reach personal fitness goals.

Age: 16+

47075 M, W & F 4/21-6/13 6:30-7:30 AM \$184/\$214

Rockville Swim and Fitness Center/McCarroll

Cardio and Strength Fusion

Spice up your current workout with a variety of cardiovascular routines, including kickboxing and dance aerobics. This interval-style class transitions back and forth between cardiovascular movement and strength training. Modifications to increase or decrease intensity will be provided. Bring mat and weights. 8 classes

Age: 16+

46498 M 4/7-6/9 6:30-7:15 PM \$58/\$68

Twinbrook CRC/Riggs

"A great workout . . . Saturday morning class is a wonderful way to start the weekend!"

CardioFit class participant



Cardio Kickbox

Tired of your normal routine or just interested in trying something new? Get into shape in a class that combines boxing, martial arts and aerobics. This total body workout will help increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes.

Age: 16+

47080 Th 4/24-6/12 6-7 PM \$64/\$75

Rockville Swim and Fitness Center/TBA

CardioFit

Get a great start on a new fit you! Burn some calories and enjoy a well-rounded workout including cardio, strength training and core work. Bring personal weights and mat. 9 classes

Age: 16+

46499 Sa 4/5-6/14 9-9:45 AM \$65/\$75

Twinbrook CRC/Riggs

CardioFit Drop-In

Don't have time to commit for a long session but would like to work out when you have time? Drop in on Saturday mornings at Twinbrook to get a quick fitness workout. Bring a mat and weights. Fee is per class. 9 classes

Age: 16+

46500 Sa 4/5-6/14 9-9:45 AM \$8/\$9

Twinbrook CRC/Riggs

Adults

Circuit Step

Enjoy a great interval workout designed to get you fit. Class combines low impact step moves and strength training for all muscle groups. All fitness levels welcome. Bring weights and mat. 8-10 classes

Age: 15+

46501	Th	4/10-6/12	6-7 PM	\$72/\$83
46502	Tu	4/8-6/10	5:30-6:15 PM	\$72/\$83
46503	Sa	4/5-6/14	9-10 AM	\$58/\$68

Thomas Farm CC/Ramsey

Fitness Kickboxing

Looking for a fast-paced, calorie-burning, adrenaline-pumping class? This ultimate conditioning workout is set to high energy music with kicks, punches and strikes. Classes are taught by certified Black Belts. Fee includes uniform and gloves for first-time students. 10 classes

Age: 13+

46511	M & W	4/21-5/21	7-7:45 PM	\$99/\$115
46512	Tu & Th	4/22-5/22	7:15-8 PM	\$99/\$115

Kicks Karate/Kick Karate Staff

Functional Interval Training

With a focus on functional movement, strength drills are alternated with cardio intervals for a total body blast. Supercharge your workout, boost your metabolism, burn off that extra fat and reach your fitness goals.

Age: 16+

47083	Tu	4/22-6/10	12-12:45 PM	\$64/\$75
47084	Th	4/24-6/12	12-12:45 PM	\$64/\$75
47085	Su	4/27-6/15	9:45-10:30 AM	\$56/\$65

Rockville Swim and Fitness Center/Serrano/Owen

Jazzercise - Low Impact

Fitness that's invigorating, not intimidating! Same great music and choreography but without the hop! This low impact workout combines elements of jazz dance, resistance training, pilates, yoga, kickboxing and more. All ages and fitness levels. Bring weights and a mat. 8-10 classes

Age: 16+

46516	M	4/7-6/9	6:30-7:30 PM	\$59/\$69
46517	W	4/9-6/11	6:30-7:30 PM	\$74/\$85

Julius West MS/Ham



Kung Fu/Bungo Fu

Learn the ancient art of self-defense with a Jamaican twist! Increase your flexibility, stamina, coordination and discipline while positively channeling your energy. Yoga-like stretches bring you to a calm meditative state and a fusion of Kung Fu self-defense forms and African foot fighting are taught to all skill levels. 8 classes

Age: 16+

46525	M	4/7-6/9	7-8 PM	\$63/\$73
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Elwood Smith RC/Thompson

Light and Easy Conditioning

This class targets many elements of fitness in just 30 minutes. Hand weights are used for upper body toning. An aerobic segment provides cardio and fat burning. Abdominal work targets core strengthening and a stretching segment concentrates on muscle relief and recovery. Newcomers are welcome.

Age: 16+

47091	Tu	4/22-6/10	12:45-1:15 PM	\$40/\$48
47092	Th	4/24-6/12	12:45-1:15 PM	\$40/\$48

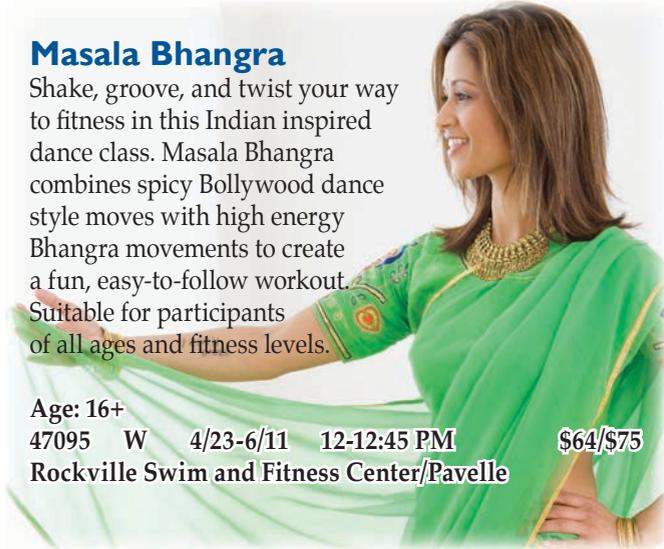
Rockville Smith and Fitness Center/Serrano



Adults

Masala Bhangra

Shake, groove, and twist your way to fitness in this Indian inspired dance class. Masala Bhangra combines spicy Bollywood dance style moves with high energy Bhangra movements to create a fun, easy-to-follow workout. Suitable for participants of all ages and fitness levels.



Age: 16+
47095 W 4/23-6/11 12-12:45 PM \$64/\$75
Rockville Swim and Fitness Center/Pavelle

MELT

Learn this simple self-treatment that helps your whole body feel better. Come see how three little balls can change your life! Bring a yoga mat. MELT balls provided, and the mini kit may be purchased from the instructor for \$25.

Age: 16+
46353 W 4/30 7:15-8:45 PM \$30/\$35
Rockville Sr. Ctr./Liss

Nia - Movement/Fitness

Nia is based on movements that strengthen, open, balance and heal the body, mind and spirit. All fitness levels welcome; no experience necessary. Wear loose-fitting clothing. Class may be held barefoot. Bring a mat. 7 classes

Age: 16+
46355 Tu 4/22-6/3 7:15-8:15 PM \$69/\$79
Rockville Sr. Ctr./Liss

Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. Bring a mat. 9 classes

Age: 16+
46356 Tu 4/8-6/10 7:30-8:25 PM \$99/\$114
Rockville Swim and Fitness Center/Poole

Pilates - Yoga Fusion

Fusion is a wonderful blend of the core strengthening and muscle-toning of Pilates and the meditative and flexibility benefits of yoga combined in a flowing workout. Bring a mat and wear comfortable clothing. 9 classes

Age: 16+
46357 Tu 4/8-6/10 6:30-7:25 PM \$99/\$114
Rockville Swim and Fitness Center/Poole

Power Sculpt

This workout, for all fitness levels, includes routines designed to improve strength and definition of muscle groups. Bring a mat and 3-5 lb. weights. 7-11 classes

Age: 15+
46532 M 4/7-6/9 9:30-10:30 AM \$58/\$68
46533 Tu 4/8-6/10 6:20-7:20 PM \$72/\$83
Thomas Farm CC/Ramsey

46534 Th 4/3-6/12 6:30-7:15 PM \$80/\$92
Rockville Sr. Ctr./Morales

46535 W 4/30-6/11 9:30-10:30 AM \$51/\$59
Thomas Farm CC/Ramsey

Step Aerobics

Enjoy a low-impact, high intensity class that will strengthen, tone and improve your cardio fitness. Routines are choreographed to upbeat music. Beginners are welcome. Bring a mat/towel and hand weights (optional). Steps are provided.

Age: 16+
47097 M 4/21-6/9 6:30-7:30 PM \$56/\$65
Rockville Swim and Fitness Center/TBA



Adults

T'ai Chi Ch'uan

Promote physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage the spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements. 8 classes

Age: 18+
46546 Tu 4/8-6/10 7-8 PM \$61/\$69
Pump House CC/Lamb

Total Body Blast

Enjoy cardio, strength and core exercises all in one class. Challenge your stamina, improve strength and increase flexibility to get your entire body into tip-top shape. Bring a mat and weights. 10 classes

Age: 16+
46576 W 4/8-6/10 6:20-7:15 PM \$75/\$86
Thomas Farm CC/Maguire

Yoga - Basic Flow - Beg./Cont.

Practice yoga poses and breathing exercises in flowing sequences. Flow yoga is a heat building style of yoga that increases strength, flexibility and fitness. Recommended for all levels. Bring a mat or rent one. 8 classes

Age: 16+
46361 Tu 4/22-6/10 4:30-5:45 PM \$89/\$102
Thrive Yoga/Alter

Yoga - Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha yoga workout. Using a core yoga ball, target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment.

Age: 16+
47099 F 4/25-6/13 9:15-10 AM \$98/\$113
Rockville Swim and Fitness Center/Cortes

"Unni Jensen is one of the finest yoga instructors I've had . . . patient and well spoken."

Gentle Beginner Yoga class participant



Yoga - Gentle

This workout provides modifications to traditional postures without losing any physical benefits. Conducted at a comfortable pace, gentle yoga demonstrates the use of props, which enables you enjoy the practice while promoting increased activity. Bring a yoga mat, block and strap.

Age: 18+
47101 W 4/23-6/11 9:15-10 AM \$98/\$113
47103 Sa 4/26-6/14 9:15-10 AM \$86/\$99
Rockville Swim and Fitness Center/Cortes/Groman

Yoga - Gentle Beginner

A beginner class that will help you open up areas of tightness, such as hips and shoulders, and cultivate power in your legs and core. Be introduced to traditional yoga techniques like meditation, breathing exercises and deep relaxation. Bring a yoga mat, two blocks and a smile. 8 classes

Age: 16+
46362 Th 4/3-5/29 6:30-7:45 PM \$69/\$79
Twinbrook CRC/Jensen

Yoga - Gentle Hatha Beg./Cont.

Practice gentle stretching and strengthening exercises as well as relaxation and breathing techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat. 9 classes

Age: 16+
46363 Th 4/10-6/12 7:30-8:45 PM \$109/\$125
Rockville Sr. Ctr./Dodson

Adults

Yoga - Hatha Intermediate

Enjoy a balanced practice with longer posture holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, strap and block. 7 classes

Age: 16+
 46365 M 4/7-6/9 7:30-8:45 PM \$85/\$99
 Thomas Farm CC/Neves

Yoga - Introduction

Always wanted to try yoga but weren't sure where to start? Learn the basic poses (asana) and how they can be sequenced for a balanced practice. Precautions and modifications will be covered as well as the benefits of each pose. Bring a yoga mat, block and strap. 10 classes

Age: 16+
 46367 W 4/9-6/11 7:30-8:25 PM \$105/\$120
 Thomas Farm CC/Maguire

Yoga for Athletes

This class is designed to improve health, performance, and mental acuity. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core.

Age: 16+
 47105 M 4/21-6/9 9:15-10 AM \$86/\$99
 47106 W 4/23-6/11 7:15-8 PM \$98/\$113
 Rockville Swim and Fitness Center/Groman/Maguire



Zumba Fit

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy, low-impact class has something to offer all fitness levels.

Age: 16+
 47109 W 4/23-6/11 6:30-7:15 PM \$64/\$75
 47110 F 4/25-6/13 12-12:45 PM \$64/\$75
 Rockville Swim and Fitness Center/McCright/Groman

Zumba Sentao Fusion

New

Sizzle while you get sculpted! Fabuloso Zumba dance party fun is interspersed with toning choreography. Grab a chair and continue with targeted resistance training that engages your core. This class energizes and is adaptable for anyone new to fitness. 8 classes

Age: 16+
 47187 W 4/23-6/11 5:30-6:25 PM \$79/\$89
 Twinbrook CRC/Zelaya

Zumba Toning

Use small weights to tone and strengthen arms, glutes, abs and thighs. Fast and slow rhythms are used to maximize fat burning and to build muscle. Sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1 or 2 lb. weights.

Age: 16+
 47113 Sa 4/26-6/14 11:15 AM-12 PM \$56/\$65
 47114 M 4/21-6/9 12-12:45 PM \$56/\$65
 Rockville Swim and Fitness Center/McCright/Groman

Zumba® Dance Fitness

This is Latin dance at its finest. It is a high energy workout with fun, upbeat music. The steps are easy to follow and results are long lasting. Taught by licensed Zumba instructors. 6-8 classes

Age: 16+
 46369 M 4/7-6/2 6:30-7:25 PM \$45/\$52
 Lincoln Park CC/Ford
 46372 Th 4/24-5/29 7:15-8:10 PM \$52/\$59
 Elwood Smith RC/Sheffield-Wright
 46370 Tu 4/8-6/10 7:30-8:25 PM \$69/\$79
 Thomas Farm CC/LeClair
 446374 F 4/25-5/30 7-8 PM \$52/\$59
 Thomas Farm CC/Ford

Adults

Sports - Instructional

We recommend bringing a water bottle to all sports programs.



Fencing - Beginner

Designed to introduce beginners to the Olympic sport of fencing. This course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 14+

46505	Tu	4/8-6/10	7-8:20 PM	\$128/\$151
46506	Sa	4/12-6/21	2-3:20 PM	\$128/\$151

Rockville Fencing Academy/Staff

Safe Cycling - Level 1

Like to bike? Feel like a kid again? Aimed at the recreational rider, this class covers the core principles of smart cycling, including bike selection and fit, handling skills, safety tips, trail etiquette and minor maintenance. Second session includes a group ride on bike paths and quiet streets, weather permitting. Bring a bike (in good working condition), helmet and water bottle on Thursday.

Age: 13+

47206	Tu & Th	5/20 & 5/22	6:30-8:30 PM	\$15/\$20
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Rockville Sr. Ctr./Peterson

Safe Cycling - Level 2

Are you a potential bicycle commuter or weekend road warrior? This class covers advanced riding concepts, including traffic skills, lane positioning, hazard avoidance, clothing, equipment and more. Second session includes a group ride on city streets and multi-lane arterial roads, weather permitting. Bring a bike (in good working condition), helmet and water bottle on Thursday. Prerequisite: Level 1 class or equivalent experience.

Age: 16+

47207	Tu & Th	5/27 & 5/29	6:30-8:30 PM	\$15/\$20
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Rockville Sr. Ctr./Peterson



Tennis for Adults/Teens

Learn and enjoy the sport of tennis through instruction, drills and game play situations. Ground strokes, serve, volley, overhead and strategies will be covered based on skill levels. Register for the appropriate level but it may be changed at the discretion of instructor. Bring a tennis racquet. 4-6 classes

Age: 16+

Beginner (1.0-1.5 NTRP Level)

46553	W	4/23-5/28	6-6:50 PM	\$69/\$79
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Mattie Stepanek Park/Asaka

Beginner (1.0-1.5 NTRP Level)

46561	Sa	4/26-6/7	3-3:50 PM	\$69/\$79
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Thomas Farm CC/M.Yargici

Novice (2.0-2.5 NTRP Level)

46554	Sa	4/26-6/7	4-4:50 PM	\$69/\$79
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Thomas Farm CC/M. Yargici

Novice (2.0-2.5 NTRP Level)

46555	Tu	4/22-5/27	6-6:50 PM	\$69/\$79
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Dogwood Park/M. Yargici

Novice (2.0-2.5 NTRP Level)

46556	M	4/28-5/19	6-7:30 PM	\$69/\$79
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Twinbrook CRC/Asaka

Intermediate (3.0-3.5 NTRP Level)

46557	Tu	4/22-5/27	7-7:50 PM	\$69/\$79
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Dogwood Park/M. Yargici

Intermediate (3.0-3.5 NTRP Level)

46558	M	4/28-5/19	7:30-9 PM	\$69/\$79
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Twinbrook CRC/Asaka

Intermediate (3.0-3.5 NTRP Level)

46559	Sa	4/26-6/7	5-5:50 PM	\$69/\$79
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Thomas Farm CC/M. Yargici

Intermediate (3.0-3.5 NTRP Level)

46560	W	4/23-5/28	7-8:15 PM	\$85/\$98
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Mattie Stepanek Park/Asaka



Adults

Trips - Family and Adults

Resident and nonresident registration for trips begins upon receipt of the Recreation Guide. A letter with specific information will be mailed to participants one week prior to each trip. Most outdoor activities require some degree of physical fitness. Participants younger than age 18 must be accompanied by an adult. Note: Cancellations must be received 10 days prior to a trip in order to receive a refund (less \$10 administrative fee). If you are unsure of your abilities, need tips on how to dress or have any other questions, call 240-314-8632.

Trailblazer's Triangle Bike Tour

Starting in Olney, enjoy a 20-mile ride along the ICC, Matthew Henson and Rock Creek Trails, with a stop at Lake Needwood. Afterward, we'll share tales of the trail over lunch at an eclectic sandwich shop. Route includes a few moderate hills and some brief on-road riding. Bike, helmet and water bottle are required. Bring money for lunch. Transportation not included.

Age: 14+

46577 Sa 5/17 9:30 AM-3 PM Free

Departs: Roots Shopping Plaza, 16806 Georgia Ave., Olney

SPRING BUCKET LIST IDEAS

- ✓ Take a 20-mile bike ride
- ✓ Go ziplining
- ✓ Try meditation
- ✓ Run in a 5K
- ✓ Take ballroom dancing lessons



7TH ANNUAL *Rockville Ride of Silence*

Town Center Plaza
Wednesday, May 21 | 7 p.m.

Meet in front of the Rockville Library with your bike and helmet for a 10 mile police-escorted ride through Rockville neighborhoods, including the West End, Watts Branch Meadows, Rockshire, Falls Grove and King Farm. Free; no registration needed.

www.rideofsilence.org
for additional information

Rockville Bike Advisory Event

Rockville Bike Advisory Committee
rockvillebikerides@gmail.com

Tour de Cookie
Saturday, May 2 • 9 a.m.
www.tourdecookie.com

Bike Month Kick-off Ride
Sunday, May 3 • 10 a.m.
www.facebook.com/bikerockville

RBAC at Farmers Market
May 10 - July 12 • 10 a.m.-Noon
Free bike safety checks
www.rockvillemd.gov/farmers

National Bike to Work Day
Friday, May 16 • 6-9 a.m.
www.biketoworkmetrodc.org

Annual Rockville Ride of Silence
Wednesday, May 21 • 7 p.m.
www.rideofsilence.org

RBAC in Memorial Day Parade
Monday, May 26 • 9 a.m. - 1 p.m.
www.facebook.com/bikerockville

Family Ride
Saturday, June 14 • 10 a.m.
www.facebook.com/bikerockville

Carl Henn Millennium Trail Ride
Sunday, June 15 • 10 a.m.
www.facebook.com/bikerockville



Men's Futsal Summer League

Five-a-Side Indoor Soccer



Beginning
Friday, June 27
7:30-11 p.m.

Twinbrook Community
Rec. Center

Emphasis on improvisation,
creativity and technique.

40 minute games

Minimum seven players per team.

Price is per player
\$49 R/\$59 NR #46723

www.rockvillemd.gov/recreation/sports
240-314-8620

Adult Tennis Tournament

August 1-3

City of Rockville Tennis Courts

Whether a beginner or pro, we'll cater to you! Guaranteed two matches with Recreation and USTA Sanctioned Divisions.

Open to all adults, ages 16+. Brackets based on age, gender and ability.

			
#46774	Recreation Singles	\$30 R/\$35 NR	
#46775	USTA Singles	\$33 R/\$38 NR	
#46802	USTA Doubles	\$33 R/\$38 NR	

www.rockvillemd.gov/recreation/sports

SPRING ADULT TEAM LEAGUES

Men's Softball
Co-Rec Softball
Co-Rec Kickball
Co-Rec Volleyball

League play begins:

April 7 - Men's Softball

April 16 - Co-Rec Softball

April 24 - Co-Rec Volleyball

April 26 - Co-Rec Kickball Tournament

www.rockvillemd.gov/recreation/sports
240-314-8620

Save
Across the State!



Just \$35

\$30 for Rockville Residents

\$15 Off Prime Time Rates

\$10 Off Twilight Rates

1 Hour Earlier Twilight • Rewards Program Enrollment

CALL OR VISIT THE GOLF SHOP TO JOIN!

*10 and *15 discounts valid for on-season rates only.
Card expires one year from date of purchase.

New for 2014 - Savings At



Seniors

ROCKVILLE SENIOR CENTER • 1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800
www.rockvillemd.gov/seniorcenter

The Rockville Senior Center provides a central location for the many programs, services and activities offered to senior adults, ages 60 and older.

REGISTRATION DATES

(M) - Member registration begins **Thursday, March 13**. Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Club, are mailed the monthly newsletter of events and are eligible for a discount on classes in the adult section of the Recreation Guide.

(R) - Resident registration begins **Thursday, March 20** for Rockville residents who are not members of the Senior Center. (Must be age 60 and older and live within the Rockville City limits.) Residents receive a discount on program fees.

(NR) - Nonresident/Nonmember registration begins **Thursday, March 27** for seniors age 60 and older who live outside the Rockville City limits and who are not members of the Senior Center. Nonresidents/Nonmembers pay full price for programs offered at the Senior Center.

TRANSPORTATION

Rockville Call 'N Ride Service – Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

Buses – Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

AGING INFORMATION, SERVICES AND SUPPORT

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816; Spanish, 240-314-8817.

ROCKVILLE SENIOR CENTER

Hours

Monday-Friday, 8:30 a.m.–5 p.m.
 Saturday, 8:30 a.m.–1 p.m.



Directions

Call 240-314-5019

Bus Transportation and Lunch Reservations

Call 240-314-8810



Program Fees

Fee = member/resident/non-resident

Center Membership Fees

\$40/year - Rockville Residents
 \$135/year - Non-residents; \$65 spouse



Fitness Club Membership Fees

\$75/year (Must be a Senior Center member)

SENIOR ASSISTANCE FUND

Financial assistance for senior classes, day trips and Senior Center membership is available. (Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850.

MEAL PROGRAM

Daily Lunch – Hot and cold lunches are provided at noon, Monday through Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.49). Reservations required. Call 240-314-8810.

Carnation Supper Club – Dinner, socializing and entertainment on the fourth Tuesday of each month at 5 p.m. Prepared by staff. Cost \$12. Call 240-314-8810.

Seniors

SENIOR CENTER MEMBER BENEFIT

Discounts only apply for classes in the Adult section of the Recreation Guide. One discount below may be used per Senior Center member, per activity. Discounts must be applied for in-person. Note: Senior member program fees listed in the Recreation Guide are at a discounted rate. For senior discounts on swim classes, refer to activity descriptions in the Swim Center section. Call 240-314-8800.

Activity Fee	Discount
\$ 5-\$10	\$ 1
\$11-\$30	\$ 3
\$31-\$60	\$ 7
\$61 and up	\$14

Arts and Enrichment

AARP Driver Safety

Conducted by the American Association of Retired Persons and designed for older drivers, this course provides updates on rules of the road and insights into driving abilities. Check with your insurance company as many course graduates receive an auto insurance discount. Note: \$15 class fee for AARP members; \$20 for non-AARP members. Payment due at class only by check or money order to AARP.

46654 Tu 5/6 2-6:30 PM Free/\$10
Azalea Room

Beginner Glass Painting

New

Springtime and beautiful cherry blossoms go hand in hand. Why not enjoy these delicate flowers year round by painting them on a glass plate. Sign up for this fun and colorful class, taught by Cathy Pasquariello. No painting experience is necessary and all supplies are included.

46809 Tu 4/22 10:30 AM-12 PM \$15/\$19/\$24
Arts and Crafts Room

Bing or Frank? You Choose!

New

Join us to follow the up and down careers of the two greatest vocalists who dominated the entertainment world in the 20th century. Bing Crosby and Frank Sinatra had many hit recordings from 1933 to 1992. Join Irv Chamberlain to examine their various stylistic approaches and then vote to determine the all-time winner! As always, audience participation is encouraged in this two part class.

46652 W 5/14 & 5/21 1-2:30 PM \$5/\$7/\$10
Azalea Room



Birthday and Anniversary Parties

Celebrate with a festive afternoon of lively entertainment and light refreshments. Mark your calendar for these special events in partnership with Rockville Seniors, Inc. Registration is required one week prior to each party based on availability.

April Party

Sponsored by: Willing 3 C's Senior Club, Joan and Judy
Entertainment by: Peggy Alee, The Music of Peggy Lee and Doris Day

46258 W 4/2 1:30-3 PM Free/\$5

May Party

Sponsored by: Marge Carter
Entertainment by: Senior Star Showcase

46259 W 5/7 1:30-3 PM Free/\$5

June Party

Sponsored by: Jean Gregory
Entertainment by: Carnation Players

46260 W 6/4 1:30-3 PM Free/\$5
Carnation Room

Book Club

Participants enjoy an in-depth discussion covering a broad spectrum of books ranging from older classics to current best sellers. Books are selected by the group at each session and a moderator will present topics for discussion.

46657 Th 4/24 & 5/22 10-11 AM Free/\$5
Board Room/Beck

Bridge - Beginner

New

This class is specially designed for those with no previous experience or those who wish to refresh basic skills. Topics covered will include bidding, what cards to lead with and how to play the hand. Participants will have the opportunity to play each hand with time for instruction and questions.

47048 Th 4/24-5/29 1-3 PM \$62/\$77/\$106
Card Room/Shull

Seniors

Bridge - Opening Big Hands

New

Have you been playing bridge for a while but continue to be stumped by opening bids when dealt a big hand? Participants will learn bidding techniques and all the tricks to win!

46254 Th 3/27-4/10 1-3 PM \$33/\$41/\$52
Card Room/Shull

Carnation Players

Calling all characters. If you would like to join this group and can sing, dance, play an instrument or would like to be in a skit, we need you. The Players cannot guarantee fame and fortune, but can ensure you will have lots of fun.

46256 Tu 4/8-6/17 3-4 PM Free/\$5
Carnation Room/Beck

Chicago, Blues, Jazz & Rock'n'Roll

New

Explore the music of Daryl Davis' hometown of Chicago. From the Jazz of the 20's, the Blues of the 40's and the Rock'n'Roll era of the 50's, 60's, and 70's, Chicago has been a music mecca, spawning some of the greatest American tunes. Come be entertained by Daryl and learn about Chicago and the music scene.

46772 Th 4/3 10:30 AM-12 PM \$6/\$8/\$11
Carnation Room

Citizenship Class

If you have been a U.S. resident for four years and nine months, and would like to become a citizen, please sign up. Instruction in English, communication and preparation for the I.N.S. naturalization interview is offered. Priority will be given to seniors and members of the Rockville Senior Center.

46741 M & W 4/14-6/18 12:30-2:30 PM \$15/\$20/\$26
Card Room



Civil War Camps

New

Don Housley of MCHS will discuss the history of the camps at Muddy Branch and history and archaeology of its outpost blockhouse and camp located in Blockhouse Point Conservation Park. Union regiments from 13 states guarded the Chesapeake and Ohio Canal and Potomac River crossings during the Civil War. This presentation commemorates the sesquicentennial of the Civil War.

47029 W 4/23 10:30 AM-12 PM \$5/\$7/\$10
Azalea Room

End of Life Care

Planning well in advance of the end of life can protect the well-being of you and your loved ones and guarantee your peace of mind. That planning starts with an incredibly important conversation about death and dying, as difficult as it may be. Discuss how to get the conversation going and what important documents you need. Presented by Sarah Edmunds, Counselor.

46783 Tu 4/29 1-2 PM Free
Azalea Room

English Class

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. Returning students should register for the class recommended by your teacher. New student placement is determined by assessment on April 14 and 16, 9:30-11:00 a.m. Note: \$10 book fee may be required at first class.

Level I

46735 M & W 4/14-6/23 10:15-11:30 AM \$18/\$20/\$25
Arts and Crafts Room

Level II

46736 Tu & Th 4/15-6/19 10 AM-12 PM \$18/\$20/\$25
Card Room

Level III

46737 Tu 4/15-6/17 10 AM-12 PM \$18/\$20/\$25
Arts and Crafts Room

Level IV

46738 W 4/16-6/18 10 AM-12 PM \$18/\$20/\$25
Card Room

Seniors

English Conversation I - More Talk

Easy conversations about everyday life.

46739 F 4/18-6/27 10 AM-12 PM \$18/\$20/\$25
Blossom Room

English Conversation II - Let's Talk

Speak more confidently about everyday topics.

46740 Tu 4/22-6/17 1-2:30 PM \$14/\$16/\$18
Arts and Crafts Room

Fashion Show with Taylor Marie

The models will wow you - the clothes will astound you - and the prices delight you! We'll have the latest fashions in sizes for all, and accessories too. Taylor Marie brings the shopping to us. Alfred Dunner is just one of the designers offered. Prices are below retail. Light refreshments will be served.

46255 Tu 4/15 1-2:30 PM \$4/\$6/\$9
Carnation Room

First Ladies of the U.S.

This series will take a look at the lives of the women behind the men. Join Joan Adams for an in-depth look at the ladies in this important position. Each has her own story and a role in American life.

Abigail Powers Fillmore

46780 M 4/28 10:15-11:15 AM \$5/\$7/\$10

Jane Means Appleton Pierce

46781 M 5/19 10:15-11:15 AM \$5/\$7/\$10

Harriet Lane

46782 M 6/23 10:15-11:15 AM \$5/\$7/\$10
Card Room

French

If you haven't taken a French class in the last 50 years, this class is for you. Note: \$5 material fee payable to instructor.

46747 M & W 4/14-5/21 10 AM-12 PM \$30/\$35/\$40
Sunroom

French - Continuing

This class is for those who have a working knowledge of French and want to improve grammar and communication skills. Note: \$5 material fee is payable to instructor at first class.

46748 M & W 4/14-5/21 1-3 PM \$40/\$45/\$50
Health Room

Guitar - Intermediate Folk/Blues

New

Build on previously learned skills with new techniques, scales, chords and songs in the Blues/Folk genres! Six months previous experience required. Guitar rentals are available through The School of Music for \$40/semester. Call 240-314-8820 to arrange for your guitar.

46769 W 4/2-5/21 1:15-2:15 PM \$69/\$88/\$111
Board Room

History of Medicare

New

Medicare is a national health insurance program, administered by the U.S. Federal government since 1965, that guarantees health care coverage for virtually all citizens age 65 or older. As a result, life expectancy at age 65 has increased several years and the poverty rate for the elderly has declined by about half. Presented by Jim Merrinan, retired branch chief, HHS.

46786 M 5/19 1-2 PM Free
Azalea Room

Home Improvement Seminar

New

Learn how to find the right contractor, know what terminology should be added to your contract, understand the home improvement contract law and your rights, especially if things go sour with your contractor. Time permitting, there may be an opportunity to discuss your specific project.

47142 W 4/9 1-2:30 PM Free
Azalea Room

*"Enjoy learning a new skill in retirement.
Our instructor Kevin is very nice and helpful."*

Guitar class participant

Seniors

Introduction to Social Media

Everyone is talking about social media like Facebook, Twitter, Pinterest and Instagram. Join us for an introduction to social media and an overview of how these forums and others are used.

47008 Tu 4/15 1-3 PM Free/\$2
Computer Lab

Modern Views of Biblical Women *New*

A traditional reading of the Bible sees women in submissive roles. Modern scholarship suggests a different interpretation of the roles and importance of biblical women. Study several passages and examine how a different approach can lead to a better appreciation of the women of the Bible. Bring a complete Old Testament or complete Bible.

46766 W 5/7-5/28 10:30 AM-12 PM \$38/\$48/\$60
Azalea Room

Monuments and Memorials *New*

Washington, DC is full of memorials but it seems each proposal for a new memorial is embroiled in controversy. Increasingly, critics are raising fundamental questions about why we build monuments. This program reviews their changing form, purposes and meaning. Is there a better way to commemorate our history?

46989 Tu 4/22 1-2:30 PM \$5/\$7/\$10
Azalea Room

One Red Hot Mama *New*

This dramatic/musical program celebrates the life of the legendary Sophie Tucker. Both Tucker and Karen Webber Gilat, the actress bringing her to life, hail from Hartford, CT. Karen is a performance artist, actress and singer. Enjoy the comedy and music of one of the last of the red hot mamas! There will be time for questions after the performance.

46653 W 4/9 10:30 AM-12 PM \$6/\$8/\$11
Azalea Room

Organizing for a Better Life

Join us the second Tuesday of the month to share tips and support each other as we organize and de-clutter our homes. This is an informal drop-in group and all are welcome.

46751 Tu 4/8-6/10 1-2:30 PM Free/\$4
Health Room

Peeking at the Presidents

Joan Adams, our popular college professor, presents an in-depth view of the times and issues each Commander-in-Chief faced.

Millard Fillmore

46777 M 4/7 10:15-11:15 AM \$5/\$7/\$10

Franklin Pierce

46778 M 5/5 10:15-11:15 AM \$5/\$7/\$10

James Buchanan

46779 M 6/9 10:15-11:15 AM \$5/\$7/\$10
Card Room

Piecemakers' Club

Come join our friendly group of quilters. You may work on your own or join a group project. This is a great opportunity to share ideas, techniques and keep current on the latest trends in quilting.

46257 M 4/7-5/26 12:45-2:45 PM \$9/\$13/\$17
Arts and Crafts Room/Broad

Rockville Senior Center HEALTH FAIR



Wednesday, May 28

11 a.m. - 1:30 p.m.

FREE

Health screenings
healthy snacks and more!!

Seniors

Science Tuesdays

New

Join us each month for an engaging presentation and conversation with a scientist. A different topic will be the focus each meeting. No scientific background is required, just your curiosity. Co-sponsored by Rockville Science Center.

How Does Your Immune System Work?

There are striking similarities between the physiological systems of humans and various species of animals. Much of what we know about the immune system has come from studies with mice. Learn about the role of your immune system as it relates to vaccines. Presented by Dr. Louis Sibel, retired NIH immunologist.

46787 Tu 4/8 1-2 PM Free

Ramblings About Rumblings

Geological hazards are capable of causing damage or loss of property and life. Learn about earthquakes, volcanoes and other geological hazards in Rockville. At the end of class, you will leave with a piece of Rockville, possibly a 560 million year old rock with gold. Presented by Dr. Phil Justis, retired geologist, NRC.

46789 Tu 5/13 1-2 PM Free
Azalea Room

Over the Counter Drug Labels

Whenever you use an over-the-counter (OTC) medication, reading the drug manufacturer's labeling is important. Be an informed consumer and learn the difference between a brand name and generic drugs when making your selection. Presented by M J Walling, retired FDA and NCI researcher.

46788 Tu 6/10 1-2 PM Free
Board Room

Second Best: U.S. Vice Presidents

This class will look at the lives and service of those who served as Vice President. The focus will be on the men who faded from the spotlight of American history. Join college professor Joan Adams for a glimpse into the lives of John C. Calhoun and Richard Mentor Johnson.

46776 M 6/30 10:15-11:15 AM \$5/\$7/\$10
Card Room

Senior Remarriage/Estate Planning *New*

For many seniors, love is in the air again. Remarriage later in life can be just what the doctor ordered, but the reality is that lawyers should have a say in the matter too! In this seminar, taught by Rockville estate planning attorney Gary Altman, learn all you need to know about how to safely and smartly join forces with your mate.

47170 W 4/23 1-2 PM Free
Azalea Room

Spring Sparkle *New*

The Dale Jarrett Trio will entertain and add a springtime sparkle to our evening with wonderful songs and dance music. Polish up your twinkle toes and enjoy the company of friends, light refreshments and a dance or two. We will have Garrey Stinson as our special guest host to assist with dance steps. It all makes for a sparkling evening - join us!

46485 Tu 5/13 7-9:15 PM \$10/\$13/\$16
Carnation Room

Turning 65?

Happy Birthday! You now have choices and Medicare is one of them. There are important questions you need to think about now. Do you need to sign up for Medicare? Can you work and get Medicare? Join representatives from the Senior Health Insurance Assistance Program and learn where to begin and how to get help.

47003 Tu 5/6 7-9 PM Free
Carnation Room

Ukulele - Beginner *New*

Have a blast learning authentic Hawaiian ukulele! Topics covered include: chords/strumming, ukulele techniques, songs and more. No experience necessary. Ukulele rentals are available through The School of Music for \$30/semester. Call 240-314-8820 to arrange for your ukelele.

46768 W 4/2-5/21 12:10-1:10 PM \$69/\$88/\$111
Board Room

Seniors

Underpainting with Pastels

New

Add spontaneity to your art work by using soft intermingled watercolors as your underpainting. Your underpainting will be dreamlike but the finished painting will be more realistic with the addition of pastel painting. Learn about values, colors and shapes to take your paintings to a new level. Supply list available at registration. Register by: 3/21

46646 W 3/26-4/16 10 AM-12 PM \$40/\$50/\$63
Blossom Room/Fry

Veterans Information

New

Many American wartime veterans and surviving spouses who served during a wartime era are unaware that they may be entitled to a pension benefit. This tax-free benefit may help offset the cost of assisted living, enhanced independent living and nursing home care. Toni Whaley, professional member of the American Association for Wartime Veterans will provide necessary information on the qualifications of this program.

46658 W 4/30 7-8:30 PM Free/\$5
Azalea Room

Watercolor - Beginner/Continuing

Learn the beauty and magic of watercolor through basic techniques such as washes, wet-in-wet, dry brush and color mixing. The instructor will demonstrate and there will be studio time to explore these techniques. Focus will also be on values, composition and textures.

47224 Tu 4/15-6/3 1-3 PM \$72/\$90/\$110
46655 Th 4/17-6/5 1-3 PM \$72/\$90/\$110
Blossom Room/Fry

Watercolor - Advanced

This class is for students who have previous experience working in watercolor. Investigate new techniques and refine skills while adding drama to your work. The class will discuss elements, principles, design and other methods to make projects more engaging. Enjoy a small group setting with individual attention.

46656 Th 4/17-6/5 10 AM-12 PM \$72/\$90/\$110
Card Room/Fry

*"We are constantly learning new techniques.
Val is an exceptional instructor."*

Watercolor class participant

Women Living Alone

If you are a woman living alone, join us for this group. We will meet the first Thursday of each month to share experiences and discuss strategies for improving the quality of our lives.

46750 Th 4/3-6/5 1-2:30 PM Free/\$4
Blossom Room

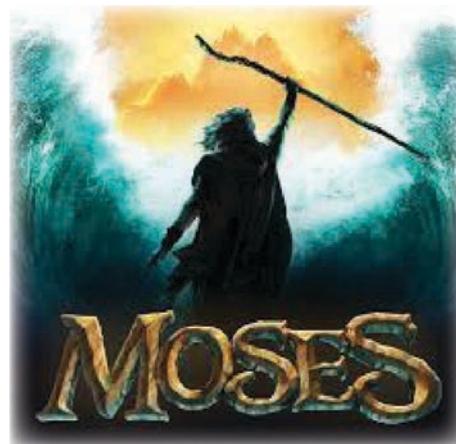
Trips

Registration procedure for all trips: An in-person lottery registration will be held on Tuesday, March 18, at the Senior Center. Interested members and City residents may draw lottery numbers from 10:15-10:30 a.m., with numbers called in random order. Registrations will be accepted at the Senior Center only. Non-residents and non-members may register as of Friday, March 21. Individuals may register for themselves and one other person. The fee listed is payable at the time of registration. Senior Center membership dues must be current through day of trip to receive member fee.

"Moses" - Sight and Sound Theatre *New*

The world premiere of "Moses" at the Sight and Sound Theatre in Lancaster, PA will bring the greatest biblical epic of the Old Testament to life on stage. Go back in time and witness the incredible adventure as it comes to life right before your eyes. We will have a family style lunch at Hershey Farm Restaurant prior to the show. Trip includes: leadership, lunch, show and charter bus transportation.

47158 Th 5/1 9:45 AM-8:15 PM \$124/\$154/\$177
Departs: Glenview Mansion



Seniors

Evergreen Mansion - Baltimore

New

This Gilded Age mansion, listed on the National Register of Historic Places, is owned by Johns Hopkins University. Set on 26 landscaped acres, Evergreen is home to a superb and eclectic collection of fine and decorative arts, rare books and manuscripts. We will have a box lunch in the Far East Room and time to stroll the gardens and gift shop. Trip includes tour, lunch, leadership and charter bus transportation.

47159 Th 5/22 9:15 AM-3:15 PM \$65/\$81/\$93
Departs: Glenview Mansion

Baseball - Nationals Style

New

We'll be there for the first pitch at 4:05 pm, for the Nationals vs Phillies in our first base line club level seats. You don't want to miss this fun-filled afternoon in DC. Note: Food and beverages are on your own. Trip includes ticket, leadership and charter bus transportation.

47160 Th 6/5 2-8:30 PM \$85/\$106/\$121
Departs: Glenview Mansion

Dancing in the Street!

New

Our favorite music from the 50's, 60's, and 70's will be spotlighted - Doo Wop, Disco, Motown and more! We'll travel to Glen Burnie to Michael's Eighth Avenue for a special presentation by the Latshaw Pops Orchestra and Singers and the Katie Kelly Dancers. Enjoy a seated lunch followed by the show. Trip includes charter bus transportation, leadership, lunch and show.

47161 Tu 6/10 10:15 AM-4:15 PM \$80/\$99/\$113
Departs: Glenview Mansion

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



AAA CarFit

Car Fit is a program designed to be a quick, comprehensive check of how well you and your vehicle work together. A trained professional helps you complete a 12-point checklist. You must register and will be given an appointment for you and your car! Call 240-314-8803.

46732 Tu 4/22 9:30 AM-1:30 PM Free/\$2
Parking Lot

Afternoon Tone and Stretch

This class concentrates on your muscle strength and flexibility. Starting gently, we'll work every part of your body to improve circulation, strength and muscle tone. Participants will use exercise tubes, weights, stability balls and mats.

46663 W 4/9-6/4 2:15-3:15 PM \$30/\$37/\$45
Exercise Room/Owen

Arthritis Foundation - Exercise

Designed by the Arthritis Foundation, this class uses gentle activities to help increase joint flexibility and range of motion, maintain muscle strength and increase overall stamina. Exercise can help reduce pain and stiffness as well as feelings of isolation and depression.

46664 Tu & Th 4/8-6/5 1-2 PM \$50/\$62/\$75
Exercise Room/Owen

Basic Ballroom Dance

Learn the basics of ballroom dancing. This class is designed for the students with no prior level of instruction. Learn proper dance position, how to lead and follow. No partner is needed!

47136 W 4/9-6/4 3:30-4:30 PM \$35/\$44/\$52
Exercise Room/Riggs

Cardio Motion

Try this great new program designed to offer 30 minutes of easy to follow cardio dance movements followed by 30 minutes of strength training for a complete workout.

46668 M & W 4/7-6/9 1-2 PM \$45/\$54/\$65
Exercise Room/Riggs



Seniors

Chair Cardio

Try this exciting cardio class and get your heart pumping while listening to fun, energetic music. Stay seated throughout the entire class and get a great aerobic workout.

46669 F 4/11-6/6 1:30-2:30 PM \$27/\$34/\$40
Exercise Room/Owen

Chair Exercise

These exercises are gentle and designed to start slowly and build gradually. This seated program, performed to music, is for men and women. Patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and to promote better circulation.

46670 M & W 4/7-6/9 11 AM-12 PM \$45/\$56/\$67
Exercise Room/Ramsey

Chair Yoga

This class is designed for participants who cannot meet the demands of a physically straining exercise class. Done seated, modifications of standard yoga poses will be used and work done with breathing, focusing attention on gentle stretching and balance issues. No previous experience necessary.

46671 Th 4/10-6/5 10-10:50 AM \$47/\$59/\$70
Exercise Room/Figure

Chair Zumba

This class allows the participant to enjoy all of the Zumba dance moves while seated. Combine upper and lower body movements, which gives the body a total workout while listening to great music.

46800 M 4/7-6/9 2:15-3:15 PM \$40/\$50/\$60
Blossom Room/Riggs

Dementia and Alzheimer's Disease *New*

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes, risk factors, stages of the disease, treatment and much more.

46791 W 4/16 1-2 PM Free
Azalea Room

Dizziness and Balance

Are you noticing problems with balance and/or dizziness? Please join Stacey Buckner, PT, DPT, from The Balance Center of Maryland, to learn more about dizziness and balance disorders. Exercise will also be discussed and you will receive a fall risk assessment (screening).

46731 W 6/11 1-2:30 PM Free
Azalea Room

Easy Zumba

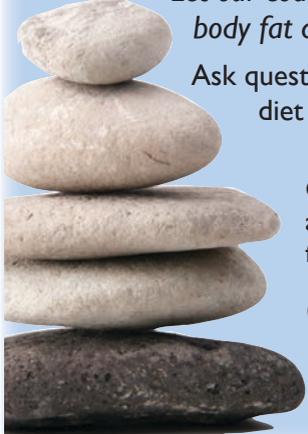
Combine fun, energetic and motivating music with easy to follow movements that allow Zumba participants to dance away their worries. Great for both the body and mind. This feel-happy workout will encourage you to keep coming back for more. Appropriate for beginners.

46673 M 4/7-6/9 10-10:50 AM \$30/\$37/\$45
Exercise Room/Hatch

Financial Planning for Alzheimer's *New*

If you or someone you know is affected by Alzheimer's disease, the time for legal and financial planning is now. Presented by the Alzheimer's Association, we will discuss legal and financial issues to consider and how to put plans in place.

46792 Th 5/8 1-2:30 PM Free
46793 Tu 6/17 1-2:30 PM Free
Azalea Room



Ask the
Wellness Coach!

Let our coach check your
body fat composition.

Ask questions related to nutrition,
diet and general health.

Call for your free 15-minute
appointment or stop by the
fitness room desk.

(Fitness Members Only)

240-314-8813

Seniors

Fitness Club

Interested in becoming a Fitness Club member? Join our "state of the art" fitness room. Basic equipment training is required for new members for a one-time fee of \$10. Instruction is offered by appointment only. You must be a Senior Center member to join the Fitness Club. The fitness membership fee is \$75 annually.

Basic Exercise Machine Training

Training for fitness club members by appointment only. (Made at front desk).

46674 M & W 4/21-8/11 8 AM-6 PM \$10

Exercise Machine Training - Plus

For more than the required basic training, make an appointment with a certified personal trainer. Receive a one-on-one session and an exercise plan tailored to your individual needs.

46675 Tu & Th 4/22-8/12 8 AM-6 PM \$30
Fitness Room/TBA

Forever Fit

This is a great class for seniors just beginning an exercise routine. Receive a total body workout that combines cardio exercise, strength training and flexibility.

46801 Tu & Th 4/8-6/5 10-10:50 AM \$55/\$69/\$81
Exercise Room/Maguire

Happy Feet

New

Foot disorders affect over 80 percent of the population and are especially common for seniors. The objective of this workshop is to help seniors who want more information on the importance of proper foot care. Presented by Dr. Charles Wilson, DPM Podiatrist.

46727 W 5/14 1-2 PM Free
Blossom Room

Hearing Loss and Tinnitus

Almost 50 million Americans have hearing loss in at least one ear. Tinnitus is one of the most common side effects of hearing loss. Join a representative from the Physicians Audiology Center to learn how our auditory systems work.

46796 Th 4/17 1-2 PM Free
Azalea Room

Indoor Walking

Anytime is a great time to commit to a walking program. Feel and look better while getting healthier. This is a safe and fun indoor walking class that will help increase circulation, boost your immune system and burn calories. Walk more than one mile each class.

46677 Tu & Th 4/8-6/5
12:25-12:55 PM \$22/\$27/\$33
Exercise Room/Owen



Kettle Bell Training

New

Looking to incorporate some variety into your workout? Try this new class using the kettle bell for a higher energy, up tempo style workout for the active senior. Kettle bells will be provided. Taught by a certified personal trainer.

47135 M 4/7-6/9 4-4:45 PM \$40/\$48/\$57
Exercise Room/Wilt

Life Trail Outdoor Fitness

Try this program as part of our outdoor fitness system, located near the rear parking lot. Outdoor workout includes a warm-up and functional fitness training. All muscles work together while isolating the core.

46678 Tu 4/22-5/27 9-9:30 AM \$15/\$17/\$20
Parking Lot/Biedscheid

Music and You

New

Does music play an important role in your life? Through her 50-plus years as a music therapist, Ruthlee Figure Adler, MT-BC, will discuss working with people of various ages and cultures, explore ways music affects our lives and share personal uses of music for better health and well-being.

46795 Th 5/1 1-2:30 PM Free
Board Room

Seniors

Personal Trainer

Be evaluated by a nationally-certified personal trainer who will design an individualized program based on your needs. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. For Fitness Club members only. (Ongoing)



One - 1 Hour Session

46682 M & W 3/24-7/14 9 AM-4:50 PM \$45

Partner Training

46683 M & W 3/24-7/14 9 AM-4:50 PM \$70

Three - 1 Hour Sessions

46684 M & W 3/24-7/16 9 AM-4:50 PM \$120

Six - 1 Hour Sessions

46685 M & W 3/24-7/14 9 AM-4:50 PM \$235

Ten- 1 Hour Sessions

46686 M & W 3/24-7/14 9 AM-4:50 PM \$375
Fitness Room/Biedscheid

Positive Aging

Discuss issues related to aging such as coping with loss, taking care of ourselves, relationships with adult children, dealing with loneliness and planning for the future. Group meets first and third Tuesday of the month.

46749 Tu 4/1-6/17 1-2:30 PM Free
Board Room

Questions about your workout?

Ask the Trainer!

Call for a free 15-minute appointment or stop by the Fitness Room Desk. (Fitness Members Only)



240-314-8813

Power Zumba Gold

Add some oomph to your workout with the Zumba fitness toning sticks. While using 1 lb Zumba sticks, you can easily train certain muscles to work a little harder to the rhythm of the music. This great combination of strength training and cardio offers a total body workout.

46803 F 4/11-6/6 11 AM-12 PM \$30/\$37/\$45
46804 Th 4/10-6/5 5-6 PM \$30/\$37/\$45
Exercise Room/Riggs

Senior Aerobic Workout

Step up to the latest exercise designed for those seniors who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times.

46687 Tu & Th 4/8-6/5 11 AM-12 PM \$45/\$56/\$67
46688 W 4/9-6/4 6:15-7:15 PM \$25/\$32/\$38
Exercise Room/Klopper



Senior Back Pain

Dr. Avram Weinberg of Rockville Pain Relief Center will discuss injured and damaged discs of the spine, as well as spinal stenosis, arthritic and degenerative conditions of the neck, lower back and nerves. Technology has advanced to treat these issues without surgery or drugs.

46689 Th 4/10 1-2 PM Free
Blossom Room

Senior Belly Dance

Enjoy an expressive, exciting and energetic activity with movements based on the ancient dances of North Africa, the Middle East and Mediterranean. This low-impact form of exercise is suitable for all ages and body types. Receive the benefits of improved posture, muscle tone, weight loss and stress reduction.

46689 M 4/7-6/9 2:15-3:15 PM \$37/\$46/\$55
Exercise Room/Porter-Nelson

Seniors



Senior Core Fusion

Condition your body and increase flexibility in this fusion class, which is a combination of yoga, Pilates and functional core training. Stability balls and mats will be used.

46805	Tu	4/8-6/3	4-4:45 PM	\$40/\$48/\$57
46806	F	4/11-6/6	1:45-2:30 PM	\$40/\$48/\$57

Exercise Room/Biedscheid/Maguire

Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente, all participants must register and have a signed doctor's certificate. First Wednesday of every month, class is held at Lincoln Park Community Center. (Ongoing)

46694	M & W	3/24-6/16	1:30-2:15 PM	Free
46695	M & W	3/24-6/11	2:20-3:05 PM	Free

Carnation Room/Aehle

Senior Interval Training

New

Looking to increase your level of fitness? Combining strength training, cardio and core work, this class will challenge active seniors, increase energy, reduce stress and build confidence. Join this fun class for a great workout.

46690	F	4/11-6/6	3:30-4:30 PM	\$40/\$50/\$60
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Exercise Room/Maguire

Senior Pilates - Beginner

Learn all the basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats (provided).

46697	M	4/7-6/9	8:45-9:30 AM	\$53/\$66/\$79
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Thomas Farm CC/Ramsey

Senior Pilates - Intermediate

Participants should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises will target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength.

46698	Tu	4/8-6/3	2:15-3 PM	\$53/\$66/\$79
46699	Tu & Th	4/8-6/5	2:15-3 PM	\$95/\$119/\$142

Exercise Room/Klopper

Senior Sculpt

It's never too late to build muscle. Work all your major muscle groups with the use of weights, bands and tubes. The instructor will guide you through each movement with specific instructions. All movements will be appropriate for seniors.

46700	F	4/11-6/6	9-9:45 AM	\$35/\$44/\$52
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Thomas Farm CC/Ramsey

Senior Strength Training

Designed to build muscle strength, endurance and improve balance. Instructor will guide you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes.

46703	Tu & Th	4/8-6/5	9-9:45 AM	\$59/\$74/\$89
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Exercise Room/Ramsey

Senior Stretch and Relax

This class is designed to help increase your flexibility, restore your body's natural alignment and release tension and stress. Try this 30-minute class to help you relax the mind and body.

46704	W	4/9-6/4	12:15-12:45 PM	\$25/\$32/\$38
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Exercise Room/Maguire

Senior T'ai Chi Ch'uan - Beginner

Combine body movement, breathing and mental awareness to promote health and relaxation. Practiced in slow, circular, continuous movements, this class offers relaxation, breathing techniques and range-of-motion routines. For Senior Center members only.

46705	Tu & Th	4/8-6/5	10-10:50 AM	\$8
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Carnation Room/Tuanmu

Seniors

Senior T'ai Chi Ch'uan - Intermediate

Participants should have a basic knowledge of T'ai Chi Ch'uan. This class combines intermediate body movements with breathing and mental awareness to help promote health and relaxation. For Senior Center members only.

46706 M 4/7-6/9 10-10:50 AM \$5
Carnation Room/Tuanmu

Senior Triple Challenge

This great class will address the three major components of exercise: cardio conditioning, strength training and flexibility. Receive a total body workout in only an hour. Class can be modified for most fitness levels.

46707 W 4/9-6/4 5-6 PM \$40/\$50/\$60
Exercise Room/Biedscheid

Senior Yoga

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Bring a yoga sticky mat.

46709 M 4/7-6/9 7-8 PM \$50/\$63/\$75
46708 W & F 4/9-6/6 9:50-10:50 AM \$88/\$110/\$132
Exercise Room/Figure



Rockville Senior Center FITNESS CENTER

**It's the best time to be a
senior in Rockville!**

Open:

7 a.m. – 7 p.m. Monday-Friday

7 a.m. – 3 p.m. Saturday

www.rockvillemd.gov/seniorcenter

240-314-8800

Seniors and Supplements

New

Thinking of taking a dietary supplement? This program will focus on key points to ponder before purchasing supplements. An extensive question and answer period will be included. Given by Melanie Polk, MMSc, FADA, Director, Senior Nutrition Program for Montgomery County Dept. of Health and Human Services.

46733 Tu 5/6 1-2 PM Free
Azalea Room

Show Stoppers

Enjoy this spin-off group from the senior aerobic workout group who perform at various functions. If you are interested in learning, practicing and performing choreographed dance routines, join this group and be a star.

46710 Tu 4/29-6/24 12:15-1 PM Free
Carnation Room

Stress Reduction and Meditation

Are you stressed? Does anxiety cause you to feel nervous and keep you awake at night? This class will give you the tools to focus, relax, and come to a more peaceful sense of being. Betty Figure has taught meditation, guided imagery and stress reduction classes for over 28 years.

46728 M 4/7-6/16 1-2 PM \$30/\$35/\$40
Board Room

Toning Table Training

Training is required to use the toning tables in the Fitness Room. Register at the front desk for an appointment. Bring a towel, wear long pants and socks. Must be a fitness club member.

47134 M & F 4/7-6/6 2-3 PM Free
Fitness Room/Maguire

Total Conditioning Workout

This strength building, non-cardio fitness class is for men and women. Workouts are designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels.

46716 M 4/7-6/9 9-9:45 AM \$40/\$48/\$57
46717 F 4/11-6/6 12:30-1:15 PM \$40/\$48/\$57
Exercise Room/Klopfer

Seniors

Yoga Flow

Sequence through basic yoga poses, including Warrior 2, chair, and tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period.

46808 Tu & Th 4/8-6/5 1-2 PM \$65/\$81/\$98
Exercise Room/Maguire

Yoga-lates on the Ball

Tone, strengthen and stretch your muscles in this dynamic total body conditioning workout utilizing the stability ball. Learn a variety of creative exercises that challenge both mind and body. Increase body awareness, balance and coordination through core stability, using yoga and Pilates.

46719 W 4/9-6/4 8:30-9:15 AM \$45/\$56/\$67
47132 F 4/11-6/6 8:30-9:15 AM \$45/\$56/\$67
Exercise Room/Maguire

Your Medical History

New

How many people carry their medical history with them at all times? Thanks to Suburban Hospital, we have handy little files which can be part of a billfold, purse or pocket in which to store your details. Circle of Rights offers this file for your information and helps you understand how to complete it and maintain up to date information.

46734 Th 4/10 10-11:30 AM Free
Azalea Room

Zumba Gold

This easy Latin and internationally-inspired program is designed for beginners. It creates a party-like atmosphere that is fun, different and effective. Zumba Gold is great for the body and soul and provides a total body workout.

46720 M 4/7-6/9 5-6 PM \$30/\$37/\$45
46721 Tu 4/8-6/3 5:45-6:45 PM \$30/\$37/\$45
46722 Sa 4/12-6/7 10-11 AM \$30/\$37/\$45
Exercise Room/Hatch



Sports - Instructional

We recommend bringing a water bottle to all sports programs.



Badminton

Learn to play or improve your game. Play is held at the Twinbrook Community Recreation Center which has a wood floor court for badminton. Free to Senior Center members and Rockville residents. (Ongoing)

46665 F 4/18-6/6 8:45-9:45 AM Free
Twinbrook CRC Gymnasium

Table Tennis - Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only is it fun to play but the game also helps increase dexterity, flexibility, coordination and reflexes. Paddles and balls available.

46714 M 4/14-5/19 1-2 PM \$25/\$31/\$37
Game Room

Table Tennis - Intermediate

This class is for those who have a basic knowledge of the rules and scoring and experience playing. Not only is the game fun to play but it also aids in dexterity, flexibility and coordination. Paddles and balls available.

46713 W 4/16-5/21 1-2 PM \$25/\$31/\$37
Game Room

Table Tennis - Advanced

This class is for those players who have advanced beyond the intermediate level of play. Participants must have a strong knowledge of rules and scoring.

46712 F 4/18-5/23 1-2 PM \$25/\$31/\$37
Game Room

Wii Play

Come bowl, play golf, baseball or tennis or try your fists at boxing - all through the game system, Wii. The light-weight remote is the key to these fun interactive games. Come and join the games on Friday mornings. Senior Center members only.

46718 F 4/11-6/6 10 AM-12 PM Free
Board Room

Seniors

Sports - Leagues

We recommend bringing a water bottle to all league practices and games.



Bocce Ball Club

This lawn game is easy to learn and can be enjoyed at all levels. There is a court located behind the Senior Center. If interested in joining a team, register for this activity at the front desk. For Senior Center members only. (Ongoing)

46666 Tu & Th 4/1-6/19 10-11 AM Free
Bocce Ball Court

Game Room Activities

Play pool and table tennis daily in our game room. Open Monday and Wednesday 8:30 a.m.-7 p.m., Tuesday, Thursday and Friday, 8:30 a.m.- 4:50 p.m. and Saturday, 8:30 a.m.-12:50 p.m. Practice games, clinics, instruction and tournaments are held regularly. Table tennis is available at Twinbrook Community Recreation Center on Wednesday, 9-10 a.m. For members only.

46676 M-Sa 3/31-6/21 8:30 AM-5 PM Free
Game Room

Newcomb Volleyball

Join us for a different kind of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Free to Senior Center members and Rockville residents. (Ongoing)

46680 W & F 4/25-6/11 10-11 AM Free
Twinbrook CRC/Gymnasium

Senior Co-Rec Softball Team

Our Rockville team competes with other senior teams in the Montgomery County Senior Softball League. Games are held on Wednesday mornings. Check Senior Center calendar for games and times. Come out and cheer for us. For more information, call Carol Maguire, 240-314-8825.

46692 W 3/26-7/9 9-11 AM Free

Senior Duffers

Enjoy the 2014 golf season. Play is arranged at local golf courses. All levels of ability are invited to join, however this is not a teaching activity. Both 9 and 18-hole play are available. An organizational meeting will be held at the Rockville Senior Center, Wednesday, March 26, at 10:00 a.m. in the Azalea room to discuss the upcoming season.

46693 M 4/28-9/15 7:30 AM-1 PM \$6/\$7/\$9
TBA/Reamy

Computers for Seniors

Before registering, we recommend visiting the Computer Lab for course information and placement. For class advice, call 240-314-8805 or email rockvillecomplab@hotmail.com. (B)=Beginner; (I)=Intermediate; (IP)=Intermediate Photography.

(B) Backing Up Your Computer

Backing up your system (files) is an often neglected task. When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have. Note: \$3 material fee payable to instructor at first class.

47012 M 6/16 10 AM-12 PM \$7/\$9/\$13
Computer Lab/Hickman

(B) Computer Basics

This class offers a hands-on introduction for beginning computer users. Prerequisite: Use of Keyboard and Mouse. Further free optional training is available in the Beginner Computer Practice Lab, 10 a.m. - Noon on Fridays.

47009 Tu & Th 4/15 & 4/17 10-11:30 AM \$6/\$8/\$11
47010 Tu & Th 5/20 & 5/22 10-11:30 AM \$6/\$8/\$11
47011 Tu & Th 6/17 & 6/19 10-11:30 AM \$6/\$8/\$11
Computer Lab/Frillman



Seniors

(B) Computer Basics II

This class will teach you about control panel components, monitor settings, shortcuts and more. Customize your desktop and your start menu. Create a variety of different shortcuts and move to different locations in your computer. Learn about safe mode and how to create wallpaper.

47049	Tu	4/8	10 AM-12 PM	\$6/\$8/\$11
47050	M	5/5	10 AM-12 PM	\$6/\$8/\$11
47051	W	6/11	10 AM-12 PM	\$6/\$8/\$11

Computer Lab/Hickman

(B) Computer Basics III

This sequel to Computer Basics II will teach you how to install and uninstall software, view your memory and determine the size of your hard drive. You will be taught how to check your computer drives and will learn what to do when the Internet does not connect.

47052	M	4/28	10 AM-12 PM	\$6/\$8/\$11
47053	W	5/28	10 AM-12 PM	\$6/\$8/\$11
47054	Tu	6/24	10 AM-12 PM	\$6/\$8/\$11

Computer Lab/Hickman

(B) Email Basics

This introductory session will use class accounts for you to learn the basics of sending, receiving, copying and saving emails.

47027	Tu	4/22	1-3 PM	\$6/\$8/\$11
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Computer Lab/Martin

(B) Introduction to Word Processing

Word processing allows you to develop a wide range of documents. Unlike a typewriter, once you create a document on screen, you can make changes, correct mistakes and add photos. Learn basic navigation skills using the keyboard and mouse to create a simple document, preview, print and save your file.

47056	Tu & Th	6/10 & 6/12	1-3 PM	\$11/\$15/\$19
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Computer Lab/Martin

(B) Keyboard and Mouse - Beginner

If you have never touched a mouse or a keyboard, this class will help you become familiar with their basic functions. Move at your own pace with individualized instruction.

47013	F	4/4-6/27	10 AM-12 PM	Free/\$3/\$5
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Computer Lab/Frillman

(B) New to Computers?

For those new to computers (or just afraid to try) this class will familiarize you with the basic components of computers. We will introduce you to everyday tasks like email, word processing and surfing the web. No experience required.

47014	W	4/2	10 AM-12 PM	\$5/\$7/\$10
47015	W	5/7	10 AM-12 PM	\$5/\$7/\$10
47016	W	6/4	10 AM-12 PM	\$5/\$7/\$10

Computer Lab/Hickman

(B) Right Click - Left Click

Discover how to use your mouse in applications such as word processing, copying, file management and customizing your desktop. Using your computer is easier if you know how to use both mouse buttons.

47055	Tu	5/20	1-3 PM	\$6/\$8/\$11
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Computer Lab/Martin

(B, I) SKYPE/Webcams

Make free telephone calls anywhere in the world to anyone on your call list. That's what SKYPE does. We'll discuss how to set up this high-quality telephone service and its advantages.

46742	W	6/11	1-3 PM	\$8/\$10/\$14
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Computer Lab/Bender

(BI) PC Infections

As more and more information is available on the Web, it is increasingly important to protect your identity and to maintain your computer's security. Learn tips to ensure both you and your computer are protected against hackers, scammers and identity thieves. Learn how to identify the signs and symptoms of malicious software.

47017	W	6/18	10 AM-12 PM	\$9/\$11/\$15
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Computer Lab/Hickman

(BI) Speech Recognition

Talk and your computer types. Imagine using your voice to control your computer! Create and edit documents or emails, launch applications, open files, control your mouse and more. Learn to set up your computer for Windows or Dragon Speech Recognition. Program requires Windows 7 or 8.

47018	Th	4/10	10 AM-12 PM	\$9/\$11/\$15
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Computer Lab/Hickman

Seniors

(I) Facebook - Beginner

Facebook is a social networking website with billions of subscribers. Users create personal profiles to connect and share with friends and family. Learn how to join the world of Facebook and set up an account in class.

47005 Tu 5/6 1-3 PM \$9/\$11/\$15
Computer Lab

(I) Facebook - Intermediate

If you already have a Facebook account and want to learn how to enhance your page, add or delete friends, or just be more comfortable using the site, join this class for personalized instruction.

47006 Tu 5/27 1-3 PM \$9/\$11/\$15
Computer Lab

(I) Laptops

You can do just about anything on a laptop that you can do on a desktop. Bring your laptop to class and learn about wireless connections, touch pads, Internet access, protecting your computer from theft and other important features.

47019 Tu & Th 5/13 & 5/15 10 AM-12 PM \$15/\$20/\$26
Computer Lab/Hickman

(I) Maintaining Your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? We will look at some tips to help improve its performance and answer questions that puzzle you about your computer. Handouts included.

47020 M & W 4/7 & 4/9 10 AM-12 PM \$15/\$20/\$26
Computer Lab/Hickman

(I) Microsoft Excel 2007

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel (07 Version). Note: \$5 material fee payable to instructor at first class.

47021 Tu & Th 4/22-4/29 10 AM-12 PM \$27/\$34/\$42
Computer Lab/Hickman

Intermediate Photography (IP) DISCOUNT

Participants registering for two or more IP classes may apply for a \$5 discount. To receive a discount, participants must register by mail, fax or walk-in.

(I) Microsoft Word

Have you struggled with the appearance of your text, not been able to line up text, collate a list or make your documents look professional? Join us as we explore these and other issues. Note: \$5 material fee payable to instructor at first class.

47022 Tu & Th 6/5-6/12 10 AM-12 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) Options Trading

Compared to buying and selling stocks, options are new to the financial neighborhood. We'll learn about options and how this form of trading can be used to supplement or supplant investments. This program is meant to convey an understanding of option manipulation and will not be used to give options investment advice.

46743 Th 5/1-5/22 1-3 PM \$36/\$46/\$52
Computer Lab/Bender

(I) PowerPoint

Let's take the PowerPoint Workshop to another level. Create a dynamic electronic presentation using eye-catching features. Learn how to use built-in templates, themes, designs and background styles. Topics will also include how to add titles, charts, tables and pictures. Note: \$5 material fee payable to instructor at the first class.

47023 M & W 4/14-4/21 10 AM-12 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) Thumb Drives , Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and how to then cut, copy and paste files from your thumb flash drive to any other computer. It's important to have a backup copy of work on your computer.

47024 M 6/23 10 AM-12 PM \$9/\$11/\$15
Computer Lab/Hickman

(I) Twitter

Twitter is an online social networking service that enables users to send and read text-based posts of up to 140 characters, informally known as tweets. Come learn how you can use this messaging tool as a new form of communication.

47007 Tu 6/17 1-3 PM \$9/\$11/\$15
Computer Lab

Seniors

(I) Windows 7: Level 1

Check out the look of Windows 7: control panel, screen savers, wallpaper and more. Learn what's on the desktop, in file management, monitor settings and power settings. Have questions about security? Protecting your computer is easy with Windows 7.

47025 Tu & Th 5/1-5/8 10 AM-12 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) Windows 7: Level 2

You have picked up the basic features of Windows 7, now learn about more advanced tools such as auto-arranging your desktop, using sticky notes and the gadget feature and more.

47026 Tu & Th 5/27-6/3 10 AM-12 PM \$27/\$31/\$42
Computer Lab

(IP) Advanced Photoshop

For those who have some experience using Photoshop, additional techniques will be introduced such as compositing, image adjustment, image creation, creating better masks, business cards and more. Note: \$5 material fee payable to instructor.

46745 M & W 6/9-6/18 3-5 PM \$36/\$46/\$52
Computer Lab/Bender

(IP) Digital Photos - Soup to Nuts

This program will show you how to calibrate your camera for the best possible results. Fully explore the use of automatic photo settings, the built-in flash, photo stitching, relationships between aperture and shutter control, as well as how to broaden the experience within High Dynamic Range (HDR) photography and more. Note: \$10 material fee payable to instructor at the first class.

46746 M, W, Th 4/7-4/23 3-5 PM \$99/\$125/\$149
Computer Lab/Bender

(IP) Photoshop

Layers, masks, alpha channels, compositing and camera raw will be covered first using supplied photographs as examples and then using student photographs for practical application. Note: \$10 materials fee payable to instructor at first class.

46744 M, W, Th 4/28-5/29 3-5 PM \$117/\$143/\$167
Computer Lab/Bender

INTERNATIONAL DAY A Celebration of Cultures

Friday, June 13
10:30 a.m.-Noon

- Displays
- Costumes
- Tastings
- Dance demonstrations.

Rockville Senior Center

SPRING CRAFT BAZAAR

Sponsored by Rockville Seniors, Inc.

Saturday, May 3 | 9 a.m. - 2 p.m.

Rockville Senior Center

Refreshments | Bake Sale

Computer Sale | Household Items

Plant Sale | Arts and Crafts

Gift & Thrift Shops Open | Indoor, Air-Conditioned

240-314-8800



Aquatics

Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850
www.rockvillemd.gov/swimcenter
240-314-8750



The Swim Center has two indoor and two outdoor pools, outside interactive "sprayground," 150-foot waterslide, dry saunas, whirlpool and fitness center and meeting rooms. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes.

**No Classes Memorial Day Weekend
May 24-26**

Fees:

M = RSFC Member • NM = Non-RSFC Member

Registration Procedures

Residents or Swim Center Members
Thursday, March 13, 8:30 a.m.

Nonresidents or Nonmembers
Thursday, March 20, 8:30 a.m.

Registration Deadline
One week prior to start date

To be eligible for a membership discount, participants registering for a course must have an annual, winter or summer membership, for aquatics or the full facility. See www.rockvillemd.gov/swimcenterfeeschedule for a list of membership rates and types.

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor. Note: \$10 withdrawal fee for all refunds; \$5 transfer fee.

Mail to:
Swimming Lessons
RSFC
355 Martins Lane
Rockville, MD 20850

Fax to:
Swimming Lessons
240-314-8759

Check Out Our Fitness Room

Featuring:

- Rowing Machines
- 4 - Treadmills
- 4 - Elliptical Machines
- 2 - Recumbent Bikes
- 2 - Step/Climber Machines
- 13 pieces - Single Station Strength Training Equipment and Free Weights
- Meeting Room and Kitchenette (available for rentals and parties)

240-314-8750

www.rockvillemd.gov/swimcenter



Aquatics

Adult/Child Swim

An adult must accompany each child into the water for every adult/child program. A signed doctor's note is required for the first class (either on the doctor's letterhead or a prescription pad.) The City does not provide a form for this purpose. Note: non-toilet trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Center.

Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety.

Age: 6-18 months				M/NM
46843	Tu	4/22-6/10	9-9:30 AM	\$71/\$89
46844	Sa	4/26-6/14	10:50-11:20 AM	\$62/\$78
46845	Su	4/27-6/15	10:25-10:55 AM	\$62/\$78

Bubblers 2

Tots with little or no experience are welcome. Children will learn the basics of swimming such as submerging, floating, kicking and arm stroking.

Age: 18-36 months				M/NM
46846	M	4/21-6/9	2-2:30 PM	\$62/\$78
46847	Th	4/24-6/12	9-9:30 AM	\$71/\$89
46849	Sa	4/26-6/14	10:10-10:40 AM	\$62/\$78
46850	Su	4/27-6/15	8:05-8:35 AM	\$62/\$78
46851	Su	4/27-6/15	9:50-10:20 AM	\$62/\$78
46852	Su	4/27-6/15	11:30 AM-12 PM	\$62/\$78

Fearful Floaters

This class is intended for children who have a reluctance to participate in a Floaters 1 class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort putting their face in water. To ease your child's anxiety, adults will remain on deck for the duration of the lesson.

Age: 4-6				M/NM
46870	M	4/21-6/9	4:40-5:10 PM	\$67/\$84
46871	W	4/23-6/11	4:40-5:10 PM	\$77/\$96

"Daughter loved being a different animal in class. She was fearful of getting her face wet . . . now proud when she does!"

Parent of Floaters class participant

Bobbers 1

Along with an adult, children will learn to adjust to the water. They will also learn simple water skills, such as submerging, floating, kicking and arm stroking.

Age: 3-5				M/NM
46835	W	4/23-6/11	2-2:30 PM	\$71/\$89
46836	Sa	4/26-6/14	11:25-11:55 AM	\$62/\$78
46837	Sa	4/26-6/14	9-9:30 AM	\$62/\$78
46838	Su	4/27-6/15	9:15-9:45 AM	\$62/\$78
46839	Su	4/27-6/15	11-11:30 AM	\$62/\$78

Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They will work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well.

Age: 3-5				M/NM
46840	Sa	4/26-6/14	9:35-10:05 AM	\$62/\$78
46841	Sa	4/26-6/14	8:25-8:55 AM	\$62/\$78
46842	Su	4/27-6/15	8:40-9:10 AM	\$62/\$78

Water Safety Day

Friday, May 30

3:30-6:30 p.m.

Gaithersburg Water Park

512 S. Frederick Ave., Gaithersburg



Stay safe at the pool this summer!

FREE swimming event hosted by:
City of Gaithersburg
Montgomery County
City of Rockville

LEARN:

- Preventing drowning
- Proper use of life jackets
- Water rescue skills
- Skin cancer prevention
- Swim lessons (evaluations offered)

Held Rain or Shine

Aquatics

Preschool Swim

We love parents ... but in order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Registration deadline for all activities is two weeks prior to the start of the class, unless otherwise noted.

Floaters 1

This class is designed for children who need to become adjusted to the water. They will learn to do front and back floats, kick and stroke as well as put their face in the water. Children will learn to swim five yards on their front and back.

Age: 4-6				M/NM
46874	M	4/21-6/9	3:30-4 PM	\$67/\$84
46875	M	4/21-6/9	4:05-4:35 PM	\$67/\$84
46876	Tu	4/22-6/10	4:30-5 PM	\$77/\$96
46877	Tu	4/22-6/10	5:05-5:35 PM	\$77/\$96
46878	Tu	4/22-6/10	5:40-6:10 PM	\$77/\$96
46879	W	4/23-6/11	4:05-4:35 PM	\$77/\$96
46880	Th	4/24-6/12	5:40-6:10 PM	\$77/\$96
46881	F	4/25-6/13	3:30-4 PM	\$77/\$96
46882	F	4/25-6/13	4:40-5:10 PM	\$77/\$96
46883	Sa	4/26-6/14	9-9:40 AM	\$67/\$84
46884	Sa	4/26-6/14	9:45-10:25 AM	\$67/\$84
46885	Sa	4/26-6/14	10:30-11:10 AM	\$67/\$84
46886	Sa	4/26-6/14	11:15-11:55 AM	\$67/\$84
46887	Su	4/27-6/15	9-9:40 AM	\$67/\$84
46888	Su	4/27-6/15	9:45-10:25 AM	\$67/\$84
46889	Su	4/27-6/15	10:30-11:10 AM	\$67/\$84
46890	Su	4/27-6/15	11:15-11:55 AM	\$67/\$84
46891	Su	4/27-6/15	12-12:40 PM	\$67/\$84

Floaters 2

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim five yards on their front and back should take this class. They will continue to work on and develop basic swimming skills, such as front and back glides, kicking, arm strokes and rhythmic breathing.

Age: 4-6				M/NM
46892	M	4/21-6/9	4:05-4:35 PM	\$67/\$84
46893	Tu	4/22-6/10	5:05-5:35 PM	\$77/\$96
46894	W	4/23-6/11	3:30-4 PM	\$77/\$96
46895	Th	4/24-6/12	5:05-5:35 PM	\$77/\$96
46896	Th	4/24-6/12	4:30-5 PM	\$77/\$96
46897	F	4/25-6/13	4:05-4:35 PM	\$77/\$96

46898	F	4/25-6/13	3:30-4 PM	\$77/\$96
46899	Sa	4/26-6/14	9:45-10:25 AM	\$67/\$84
46900	Sa	4/26-6/14	11:15-11:55 AM	\$67/\$84
46902	Sa	4/26-6/14	9-9:40 AM	\$67/\$84
46901	Su	4/27-6/15	9-9:40 AM	\$67/\$84
46903	Su	4/27-6/15	9:45-10:25 AM	\$67/\$84
46904	Su	4/27-6/15	11:15-11:55 AM	\$67/\$84

Strokers 1

Children who can swim a combined stroke on their front and back and can do kicking with arm stroking for at least eight yards should take this class. Stroke development, back crawl, whip kick, treading water and rhythmic breathing will be taught.

Age: 4-7				M/NM
46919	M	4/21-6/9	3:30-4 PM	\$67/\$84
46920	W	4/23-6/11	4:05-4:35 PM	\$77/\$96
46921	Th	4/24-6/12	5:05-5:35 PM	\$77/\$96
46922	F	4/25-6/13	4:40-5:10 PM	\$77/\$96
46923	Sa	4/26-6/14	9:45-10:25 AM	\$67/\$84
46924	Su	4/27-6/15	9-9:40 AM	\$67/\$84
46925	Su	4/27-6/15	11:15-11:55 AM	\$67/\$84

Strokers 2

This class is for children who can swim a coordinated crawl stroke and backstroke for 15 yards and are comfortable in the deep water. They will work on perfecting front/back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke.

Age: 4-7				M/NM
46926	Tu	4/22-6/10	5:40-6:10 PM	\$77/\$96
46927	W	4/23-6/11	4:40-5:10 PM	\$77/\$96
46928	Th	4/24-6/12	4:30-5 PM	\$77/\$96
46929	Sa	4/26-6/14	9-9:40 AM	\$67/\$84
46930	Su	4/27-6/15	9:45-10:25 AM	\$67/\$84
46931	Su	4/27-6/15	10:30-11:10 AM	\$67/\$84

Mini Swim Team Prep

Children should be able to swim 25 yards of freestyle and back stroke. A legal competitive breaststroke will be taught as well as an introduction to butterfly. Children are encouraged to take this course prior to registering for swim team.

Age: 5-6				M/NM
46911	M	4/21-6/9	4:40-5:10 PM	\$67/\$84
46910	Th	4/24-6/12	5:40-6:10 PM	\$77/\$96
46912	Sa	4/26-6/14	10:30-11:10 AM	\$67/\$84

Aquatics

Children/Teen Swim

We love parents ... but to assist us in offering quality programs for children, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans.

Youth 1

Water adjustment is the focus of this class. Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards front and back. Children must also be able to put their face all the way in the water and must be comfortable with all of these skills prior to moving on to Youth 2.

Age: 6+			M/NM
46951	W	4/23-6/11	3:30-4 PM \$71/\$88
46952	F	4/25-6/13	4:05-4:35 PM \$71/\$88
46953	Sa	4/26-6/14	9:45-10:25 AM \$62/\$77
46954	Sa	4/26-6/14	10:30-11:10 AM \$62/\$77
46955	Su	4/27-6/15	10:30-11:10 AM \$62/\$77
46956	Su	4/27-6/15	12-12:40 PM \$62/\$77

Youth 2

A class for children who can submerge for 5-10 seconds and do a front float. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing will be taught.

Age: 6+			M/NM
46957	Tu	4/22-6/10	4:30-5 PM \$71/\$88
46958	Sa	4/26-6/14	9-9:40 AM \$62/\$77
46960	Sa	4/26-6/14	11:15-11:55 AM \$62/\$77
46961	Su	4/27-6/15	9-9:40 AM \$62/\$77
46962	Su	4/27-6/15	12-12:40 PM \$62/\$77

Youth 3

Children who can swim a combined stroke for five yards (kicking while moving their arms) on their front and back should take this class. Children will learn back crawl, whip kick, rhythmic breathing, how to tread water and improve their stroke.

Age: 6+			M/NM
46963	Sa	4/26-6/14	10:30-11:10 AM \$62/\$77
46964	Sa	4/26-6/14	11:15-11:55 AM \$62/\$77
46965	Su	4/27-6/15	9:45-10:25 AM \$62/\$77
46966	Su	4/27-6/15	10:30-11:10 AM \$62/\$77
46967	Su	4/27-6/15	12-12:40 PM \$62/\$77

Youth 4

Children who are comfortable in the water and can swim a coordinated crawl stroke and backstroke for 15 yards should take this class. Children will work on perfecting front and back crawl and treading water. Elementary back stroke and breaststroke as well as butterfly arms will be introduced.

Age: 6+			M/NM
46969	Sa	4/26-6/14	10:30-11:10 AM \$62/\$77
46970	Sa	4/26-6/14	11:15-11:55 AM \$62/\$77
46971	Su	4/27-6/15	9-9:40 AM \$62/\$77
46972	Su	4/27-6/15	9:45-10:25 AM \$62/\$77
46973	Su	4/27-6/15	10:30-11:10 AM \$62/\$77
46974	Su	4/27-6/15	11:15-11:55 AM \$62/\$77
46975	Su	4/27-6/15	12-12:40 PM \$62/\$77

Youth 5

This class is for children who can swim one length of front crawl, back crawl and swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water. Children will learn breaststroke and sidestroke. All other previously learned strokes will be refined.

Age: 6+			M/NM
46977	Sa	4/26-6/14	9-9:40 AM \$62/\$77
46978	Sa	4/26-6/14	11:15-11:55 AM \$62/\$77
46979	Su	4/27-6/15	9:45-10:25 AM \$62/\$77
46980	Su	4/27-6/15	11:15-11:55 AM \$62/\$77

Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, back crawl and 15 yards of side stroke, all in good form. Children will work on breaststroke, turns and the dolphin kick in addition to refining other strokes.

Age: 6+			M/NM
46982	Sa	4/26-6/14	9:45-10:25 AM \$62/\$77
46983	Su	4/27-6/15	9:45-10:25 AM \$62/\$77
46984	Su	4/27-6/15	10:30-11:10 AM \$62/\$77



Aquatics

THANK YOU!

A sincere "thanks" for contributing to the Rockville Youth Recreation Fund goes to:

Rockville Rotary Club Foundation
Maryvale Shopping Center
Montgomery County Road Runners Club
Rockville Recreation and Parks Foundation

Their generosity allows hundreds of children to participate in recreation and child care programs.

Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle, backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Prerequisite: Youth 5 and 6

Age: 6+				M/NM
46985	Sa	4/26-6/14	10:30-11:10 AM	\$62/\$77
46986	Su	4/27-6/15	9-9:40 AM	\$62/\$77
46987	Su	4/27-6/15	11:15-11:55 AM	\$62/\$77
46988	Su	4/27-6/15	12-12:40 PM	\$62/\$77

Swim 4 Fitness for Teens

Geared towards teens with prior swim experience (must be at least Level 7) who are looking to build their aerobic ability. The goal of the class is to swim a mile in 45 minutes with minimal stroke correction. Fins, kickboard and hand paddles are recommended. No report cards will be issued for this class.

Age: 12-17				M/NM
46936	Su	4/27-6/15	12-12:45 PM	\$62/\$77

Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, backstroke and breaststroke and one length (25 yards) of butterfly. Speed and endurance will be emphasized as well as turns and racing starts. Prerequisite: Youth 6 and 7

Age: 7+				M/NM
46937	Sa	4/26-6/14	9-9:40 AM	\$62/\$77
46938	Sa	4/26-6/14	9:45-10:25 AM	\$62/\$77
46939	Su	4/27-6/15	10:30-11:10 AM	\$62/\$77
46940	Su	4/27-6/15	11:15-11:55 AM	\$62/\$77

Adult Swim

Adult Beginner 1

This is an aquatic orientation class. Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+				M/NM
46815	Tu	4/22-6/10	8:25-9:10 PM	\$71/\$88
46814	W	4/23-6/11	8:35-9:20 PM	\$71/\$88

Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke will be demonstrated. Prerequisite: Adult Beginner 1

Age: 14+				M/NM
46816	W	4/23-6/11	8:35-9:20 PM	\$71/\$88
46817	Th	4/24-6/12	8:25-9:10 PM	\$71/\$88

Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke. Prerequisite: Adult Beginner 2

Age: 14+				M/NM
46818	Tu	4/22-6/10	8:25-9:10 PM	\$71/\$88

Adult Beginner 4

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques will be stressed. Skills will be taught to prepare students for Adult Stroke Correction. Prerequisite: Adult Beginner 3

Age: 14+				M/NM
46819	Th	4/24-6/12	8:25-9:10 PM	\$71/\$88



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

REGISTER EARLY!

Aquatics

Adult Water Fitness

Aqua Blast

Start your day off right with this fast-paced, early morning deep water exercise class. This no impact, high energy workout will tone your muscles while improving endurance with an emphasis on cardiovascular training. Includes abdominal and barbell work. Equipment will be provided.

Age: 18+				M/NM
46821	Tu & Th	4/22-6/12	6:35-7:20 AM	\$74/\$90

Aqua Boot Camp

This fast-paced class will help you reach your fitness goals now! The exercises are performed in deep water and regardless of your age, size or fitness level, you can achieve very noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs.

Age: 14+				M/NM
47162	W	4/23-6/11	10:15-11 AM	\$37/\$45
46822	F	4/25-6/13	10:15-11 AM	\$37/\$45

Aqua Fitness

This low-impact, high-intensity program is designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance all while burning calories! Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and will be provided.

Age: 16+				M/NM
46823	M & W	4/21-6/11	8:30-9:15 AM	\$70/\$85
46825	Tu & Th	4/22-6/12	8:30-9:15 AM	\$74/\$90
46827	Tu & Th	4/22-6/12	9:15-10 AM	\$74/\$90
46824	W & F	4/23-6/13	8:30-9:15 AM	\$74/\$90
46826	F	4/25-6/13	8:30-9:15 AM	\$37/\$45

Aqua Power 3/4 Hour

This vigorous shallow water class was developed from current scientific research supporting high intensity intervals (specifically timed, fast paced motions alternating with slower paced moves) as an efficient way to increase your metabolism and burn fat.

Age: 16+				M/NM
46829	M	4/21-6/9	9:15-10 AM	\$33/\$40
46830	W	4/23-6/11	9:15-10 AM	\$37/\$45

Aqua Sculpt

This class utilizes the whole pool creating a total body workout. The shallow water offers a low-impact strengthening program where the focus is on form. The deep water enables you to step up the intensity and work on core muscles and power to develop a high level of fitness without impact.

Age: 14+				M/NM
46831	M	4/21-6/9	10:15-11 AM	\$33/\$40

Aqua Zumba

This high energy, low impact water fitness class incorporates Latin music and dance moves while toning, sculpting and burning fat. This workout is for men and women and requires no swimming skills.

Age: 15+				M/NM
47163	Th	4/24-6/12	10:15-11 AM	\$37/\$45
46833	F	4/25-6/13	9:15-10 AM	\$37/\$45

Deep Water Running and Conditioning

This program emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength. Classes are held in the deep water and participants use flotation belts. No swimming skills are necessary. Program will benefit runners and other active exercisers who are looking for a challenging workout.

Age: 18+				M/NM
46862	Tu	4/22-6/10	10:10-10:55 AM	\$37/\$45
46864	Tu & Th	4/22-6/12	10:10-10:55 AM	\$74/\$90
46863	Th	4/24-6/12	10:10-10:55 AM	\$37/\$45

Deep Water Workout

Enjoy a class is taught in the deep end of the South Pool. Ideal for participants who need a no-impact workout. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Floatation belts are used.

Age: 16+				M/NM
46865	M	4/21-6/9	9:15-10 AM	\$33/\$40
46868	Tu	4/22-6/10	7:35-8:20 PM	\$37/\$45
46866	W	4/23-6/11	9:15-10 AM	\$37/\$45
46869	Th	4/24-6/12	7:35-8:20 PM	\$37/\$45
46867	F	4/25-6/13	9:15-10 AM	\$37/\$45

Aquatics

H2O Walking

Did you know thirty minutes of water walking equals two hours of land walking? Join this fitness program which includes walking in waist-to-chest deep water using different steps and directions at varying speeds to achieve cardio-respiratory fitness. Taught in chest deep and shallow water. Music is used.

Age: 16+			M/NM
46905	M	4/21-6/9	9:20-10:05 AM \$33/\$40
46908	Tu	4/22-6/10	7:35-8:20 PM \$37/\$45
46906	W	4/23-6/11	9:20-10:05 AM \$37/\$45
46909	Th	4/24-6/12	7:35-8:20 PM \$37/\$45
46907	F	4/25-6/13	9:20-10:05 AM \$37/\$45

Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Students must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Age: 15+			M/NM
46932	Tu	4/22-6/10	11:10-11:55 AM \$40/\$49
46933	Tu	4/22-6/10	9:15-10 PM \$40/\$49
46934	Th	4/24-6/12	11:10-11:55 AM \$40/\$49
46935	Th	4/24-6/12	9:15-10 PM \$40/\$49

Triathlete Swim Endurance Development

Coached, structured workouts are designed to develop endurance and technique for open water environments. Participants are expected to have attained a reasonable level of swim proficiency and are capable of swimming 200 meters freestyle without stopping.

Age: 16+			M/NM
46941	Su	4/27-6/15	7-8:30 PM \$93/\$105

Triathlete Swim Speed Development

Coached, structured workouts are designed to develop speed and technique in open water environments, with a focus on speed. Participants are expected to have attained a reasonable level of swim proficiency and are capable of swimming 200 meters freestyle without stopping.

Age: 16+			M/NM
46942	Sa	4/26-6/14	6:30-8 PM \$93/\$105

Triathlon Open Swim

Can't wait for race season to start? Test out your wetsuit and practice your open water skills in the outdoor 50 meter fitness pool! The lane lines will be removed from the pool for this pre-season event so swimmers can practice pack swimming, sighting and drafting in a non-competitive atmosphere. Seasoned triathletes, open water swimmers and beginners are all welcome. To avoid overcrowding we have split this event into two start times. The water is cold so bring your wetsuit.

Age: 16+			M/NM
46943	Sa	5/3	9-10 AM \$10/\$12
46944	Sa	5/3	10-11 AM \$10/\$12
46945	Su	5/4	9-10 AM \$10/\$12
46946	Su	5/4	10-11 AM \$10/\$12

Triathlon Swim Clinic

Designed to develop endurance and speed with swim practice that focuses on proper breathing, stroke efficiency, technique drills, sighting, drafting, passing, mass start simulation and close contact swimming. We will also discuss open water swim tips, start and finish tips, and exercises improve core and swim-specific strength.

Age: 16+			M/NM
46947	Su	4/27-6/15	8:05-8:55 AM \$62/\$70

Twinges in Your Hinges

Designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared toward increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improving cardiovascular fitness also emphasized.

Age: 14+			M/NM
46948	M & W	4/21-6/11	9:15-10:15 AM \$79/\$99
46949	Tu & Th	4/22-6/12	8:30-9:30 AM \$84/\$106



Aquatics

Senior Swim

Note: Senior residents pay the member fee.

60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Work out while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

Age: 60+ M/NM
46813 Tu & Th 4/22-6/12 2:05-2:50 PM \$36/\$45

Senior Aquacize - Beginner

Seniors will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles.

Age: 60+ M/NM
46917 M,W & F 4/21-6/13 10:10-10:55 AM \$52/\$65

Senior Aquacize - Advanced

This course is similar to Beginner Senior Aquacize, only faster paced.

Age: 60+ M/NM
46916 M, W & F 4/21-6/13 11:05-11:50 AM \$52/\$65

Senior Exercise Swim

Stop those aches and pains? Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body.

Age: 60+ M/NM
46918 M & W 4/21-6/11 2:35-3:20 PM \$34/\$42



NOW HIRING

Lifeguards, Water and Land Fitness Instructors

For additional information,
call 240-314-8750
www.rockvillemd.gov/swimcenter

Special Swim

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional skills in this modified exercise program. Tailored to individual needs.

Age: 18+ M/NM
46834 Tu & Th 4/22-6/12 10:10-10:55 AM \$84/\$106

Rockville Master's Swimming

Its designed for swimmers who are competing in the Master's Program of U.S. Swimming, Inc. Those participating in the RMSC group will not be required to attach to RMSC for team purposes. Enjoy a structured workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes.

Age: 18+ M/NM
46913 M, W & F 4/21-6/13 6:30-7:30 AM \$98/\$120
46914 M & W 4/21-6/11 6:30-7:30 AM \$76/\$94
46915 M 4/21-6/9 6:30-7:30 AM \$44/\$54

Women's Synchronized Swimming

Join us and combine swimming and exercise at the same time. This exciting program will teach water movements and the strokes you need. Class may be split according to ability.

Age: 18+ M/NM
46950 Tu 4/22-6/10 9:40-11 AM \$63/\$79

Aquatics

Certification and Training

Note: For certification and training classes, there is one fee for members and nonmembers.

CPR/AED Professional Rescuer

The purpose of this American Red Cross course is to teach the skills needed to respond appropriately to breathing and cardiac emergencies. This full length course includes the use of automated external defibrillation. This class is for nurses, technicians, lifeguards, doctors, EMTs, paramedics and anyone else in the health care profession. (Lifeguards should take this course if their CPR/AED cert has already expired.)

All Ages				M/NM
46853	Sa-Su	4/5 & 4/6	4-9 PM	\$125
46854	Sa-Su	5/4 & 5/11	12-4 PM	\$125

Lifeguard Training

Participants must be 15 years old by the completion of the course and attend all classes. Applicants must pass a pre-test (300 yard swim; 100 front crawl, 100 breaststroke, 100 foot crawl or breaststroke; and a deep water brick retrieval within 100 seconds). This American Red Cross course will begin at the conclusion of the pre-test. Upon successful completion, students will be issued a Certification in Lifeguarding, First Aid and CPR. See website at www.rockvillemd.gov/swimcenter for specific dates and times.

First Aid and CPR/AED

This American Red Cross First Aid/CPR/AED course will give individuals the knowledge and skills necessary to recognize and provide basic care for injuries and sudden illness until advanced medical personnel arrive and take over. This course will include CPR training for adult, child and infant care. Perfect for daycare employees, camp counselors, baby sitters, parents and or anyone responsible for the care of someone else.

All Ages				M/NM
46872	Sa-Su	4/12 & 4/13	4-9 PM	\$100
46873	Sa-Su	5/10 & 5/11	4-9 PM	\$100



Cultural Arts

Sunday Afternoon

CONCERT SERIES

Glenview Mansion
1st Floor Conservatory
2 p.m.

March 30

The Piano Man

Jerry Roman wows audiences with his energy and talent. Come and sing a long, and play "Name that Tune"

May 4

The Rockville Singers

Sing in Spring – Varied Musical Repertoire

June 1

Beau Soir Ensemble

Flute and Harp Duo Delight
with Classical Music

Free and open to the public.
www.rockvillemd.gov/arts

GLENVIEW MANSION

National Register of Historic Places

Enjoy the 1926 grandeur of the mansion and formal gardens.

Discover Rockville's hidden treasure
in Rockville Civic Center Park

Special rental discounts for
Rockville residents and businesses.



240-314-8660

www.rockvillemd.gov/glenview
603 Edmonston Drive

Cultural Arts

Glenview Mansion Art Gallery

2nd floor Spring Exhibits

March 2-20

Rockville Student Art Show
Varied media from students, K-12
*Opening reception: Sunday, March 2
1:30-3:30 p.m.*



March 30 – April 25

National Capital Art Glass Guild
Art blown, fused, stained, cast, etched
painted, flame worked glass
*Opening reception: Sunday, March 30
1:30-3:30 p.m.*

May 4-23

Rockville Art League/Juried Members' Show
Varied media
*Opening reception: Sunday, May 4
1:30-3:30 p.m.*

June 1-20

Pierre Ruffieux – Sculpture (trolls)
Susan Maldon Stregack and Rollin Fraser
Streams of Light Photography
Ray Jubela - Photography
*Opening reception: Sunday, June 1
1:30-3:30 p.m.*

Free and open to the public.

240-314-8282

www.rockvillemd.gov/arts

Rockville Student Art Show

Who - Students who live or attend school within City of Rockville corporate limits. Grades K-12

What - Students may submit one 2-D or 3-D work of art in any medium. Judging for ribbon awards, by grade level. Grades 4-12

When - Registration/Delivery of Artwork:
Sunday, Feb. 23, 1:30-3:30 p.m.

Where - Glenview Mansion Art Gallery
Rockville Civic Center Park
603 Edmonston Drive
Rockville, MD 20851



Opening Reception
Sunday, March 2
1:30-3:30 p.m.

Student Artwork on Exhibit
March 2-20

240-314-8682

www.rockvillemd.gov/arts



Cultural Arts

Rockville Civic Ballet

Claudia Mangan, Director



**“The
Sorcerer's
Apprentice”
“Planets”**

**Saturday, March 8, 7:30 p.m.
Sunday, March 9, 2 p.m.**

Tickets: \$17 Adults
\$13 Children (12 years old and younger)
\$13 Seniors (60 years old and older)
Group Rates: \$16.50 for 7 or more Adult tickets
\$12.50 for 10 or more Children/
Senior tickets

Assigned seat tickets may be purchased in person,
by telephone or by mail order at the F. Scott
Fitzgerald Theatre Box Office.

F. Scott Fitzgerald Theatre
Rockville Civic Center Park
www.rockvillemd.gov/theatre

Tickets: 240-314-8690

Rockville Chorus

Bryan Seith, Director

Spring Concert

Sunday, May 18, 7:30 p.m.

F. Scott Fitzgerald Theatre
Rockville Civic Center Park

Open to the public – No tickets required.
240-314-8682
www.rockvillemd.gov/arts

Rockville Concert Band

John Saint Amour, Director

F. Scott Fitzgerald Theatre
Rockville Civic Center Park

2014 Concert Series

**“Composer Spotlight:
Elliot Del Borgo and Friends”**
March 16, 3 p.m.

“Music for All Ages: Animation II!”
April 13, 3 p.m.

No tickets required; \$5 suggested donation.

www.rockvillemd.gov/arts
240-314-8681

Rockville Regional Youth Orchestra

Bryan Seith, Director

Spring Concert



Tuesday, May 27, 7:30 p.m.

F. Scott Fitzgerald Theatre
Rockville Civic Center Park

Free and open to the public
240-314-8682

www.rockvillemd.gov/arts

Cultural Arts

F. Scott Fitzgerald Theatre

Rockville Civic Ballet "The Sorcerer's Apprentice" "Planets"

March 8 at 7:30 p.m.
March 9 at 2 p.m.
Tickets: \$17 to \$13

Rockville Concert Band Composer Spotlight: Elliot Del Borgo and Friends

March 16 at 3 p.m.
No tickets; required \$5 suggested donation.

The National String Symphonia Global Warmth

March 22 at 8 p.m.
Tickets: \$10-\$37.50

Rockville Concert Band Music for All Ages: Animation II

April 13 at 3 p.m.
No tickets; \$5 suggested donation.

Soul in Motion Players Soul in Motion 30

April 19 at 8 p.m.
Tickets: \$20-\$30

Rockville Little Theatre The Miser by Molière

May 2, 3, 9 and 10 at 8 p.m.
May 4 and 11 at 2 p.m.
Tickets: \$16-\$18

Dawn Crafton Dancers

May 15, 16 at 7 p.m.
May 17 at 4:30 p.m. and 7 p.m.
May 18 at Noon and 3 p.m.
Tickets: 301-840-8400

Rockville Civic Center Park

603 Edmonston Drive,
Rockville, MD 20851

240-314-8690

Box Office is open Tuesday-Saturday, 2-7 p.m.
and two hours prior to ticketed shows.

Rockville Community Chorus Spring Concert

May 18 at 7:30 pm
No tickets; \$5 suggested donation.

Rockville Regional Youth Orchestra Spring Concert

May 27 at 7:30 pm
No tickets; \$5 suggested donation.

Washington Balalaika Society

May 31, 8 p.m.
Tickets \$15-\$25

Home School Talent Cultural Arts

**History, History!
History?**

March 28 & 29

As You Like It

April 11 & 12

**Aesop's Musical
Foibles**

April 11 & 12

Fee Fi, Fo, Fum

April 25 & 26

Scarlet Pimpernel

April 25 & 26

For Tickets: 301-294-0520

Financial Assistance

Rockville Youth Recreation Fund Ages 18 and younger

Scholarships for program fees are available for residents of the City of Rockville. The participant must pay \$15 toward each program fee, unless otherwise specified. The fund will cover the balance of the fees, up to \$100 maximum per person, per session (fall, winter, spring, summer); \$150 maximum per youth for the camp session; \$1,000 maximum per family, per year. Any remaining balance must be paid by the participant. Financial assistance must be applied for in person at the time of registration.

In addition, qualified participants who enroll their child in a program that meets a child care need and costs more than \$115 per month, are eligible to apply for monthly financial aid assistance of up to \$100 per month, with an additional cap of \$1,000 per family, per year. The \$15 fee is applicable to each month. This includes, but is not limited to, preschool, after school and community center extended day programs. Summer camps are not included in this program. Applications for monthly scholarship assistance must be approved by the Superintendent of Recreation and must be applied for in-person at Rockville City Hall with the Recreation Department bookkeeper.

Documents Needed for Financial Assistance:

Participants must provide verification of any of the following:

Award letter from Maryland Dept. of Human Resources/ Montgomery County Dept. of Social Services verifying eligibility for Temporary Cash Assistance (TCA), Food Stamps, Medical Assistance and/or Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits. (We do not accept Medicaid cards, FARM cards or Care for Kids.)

Proof participant resides in a shelter: Letter from shelter dated within a month of application and, if applicable, listing dependents living at shelter.

Proof of Rental Assistance - Public Housing, HUD Section 8 Housing, HOC (MPDU not accepted for applicants purchasing a home). This must be a current document which names the eligible tenants from the agency providing assistance.

Supplemental Security Income - Document must be dated within one year of application.

Financial assistance is available for Rockville residents, ages 19 and older, based on income. For additional information, please call 240-314-8620.

How to  Online

24 hours a day/7 days a week

Rock Enroll is our online registration for recreation programs.

- A family account must be set up in advance to register online.
- Go to rockenroll.rockvillemd.gov and complete the online registration form to receive a family account.
- Instructions on how to retrieve your family account and personal ID number will be emailed within 1-2 business days.
- Registration can be completed via fax, mail or walk-in without a family account set up in advance.

Donate to the People-Helping-People



Rockville Youth Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at "www.rockvillemd.gov/recreation."

Online Donation Course #s

\$ 25 - #46993
\$ 50 - #46994
\$ 75 - #46995
\$ 100 - #46996

- Click on Rock Enroll
- Click on "Register for Programs"
- Enter your desired donation course number above

Donations by check may be made out in any amount.

Mail to Rockville Department of Recreation and Parks
"Rockville Youth Recreation Fund Donation"
111 Maryland Avenue, Rockville, MD 20850

Frequently Used Program Facilities and Parks

Beall ES, 451 Beall Ave. 20850

Broome Gym and Park, 751 Twinbrook Pkwy. 20851

Calvin Park, 1248 Gladstone Dr. 20851

City Hall, 111 Maryland Ave. 20850

Civic Ctr. Park, 603 Edmonston Dr. 20851

- F. Scott Fitzgerald Theatre • Social Hall
- Glenview Mansion
- Cottage • Rec. Serv. Bldg.

College Gardens ES, 1700 Yale Pl. 20850

College Gardens Park, 615 College Pkwy. 20850

Croydon Creek Nature Ctr., 852 Avery Rd. 20851

David Scull Park, 1131 First St. 20850

Dogwood Park, 800 Monroe St. 20850

Elwood Smith Rec. Ctr., 601 Harrington Rd. 20852

Fallsmead ES, 1800 Greenplace Ter. 20854

Hillcrest Park, 1150 Crawford Dr. 20850

Julius West MS, 651 Falls Rd. 20850

Kicks Karate, 800 Pleasant Dr., Suite #140, 20850

King Farm Com. Rm., 800 Pleasant Dr., #200, 20850

King Farm Park, 401 Watkins Pond Blvd. 20850

Lakewood ES, 2534 Lindley Ter. 20850

Lincoln Park Com. Ctr., 357 Frederick Ave. 20850

Mark Twain Park, 14501 Avery Rd. 20853

Maryvale ES/Park, 1000 First St. 20850

Mattie J.T. Stepanek Park, 1800 Piccard Dr. 20850

Meadow Hall ES, 951 Twinbrook Pkwy. 20851

Montrose Com. Ctr., 451 Congressional Ln. 20852

Monument Park, 550 Maryland Ave. 20850

Potomac Woods Park, 2276 Dunster Ln. 20854

Pump House Com. Ctr., 401 S. Horners Ln. 20850

RedGate Golf Course, 14500 Avery Rd. 20853

Richard Montgomery HS

250 Richard Montgomery Dr. 20850

Ritchie Park ES, 1514 Dunster Rd. 20854

Robert Frost MS, 9201 Scott Dr. 20850

Rockcrest Ballet Ctr., 1331 Broadwood Dr. 20851

Rock Terrace School, 390 Martins Ln. 20850

Rockville Skate Park (at Welsh Park),

355 Martins Ln. 20850

Rockville Fencing Academy, 15221 Display Ct. 20850

Rockville Senior Ctr., 1150 Carnation Dr. 20850

Rockville Swim and Fitness Center

355 Martins Ln. 20850

The Little Gym, 1071 Seven Locks Rd. 20854

The School of Music, 1331 Rockville Pike, 0850

Thomas Farm Com. Ctr., 700 Fallsgrove Dr. 20850

Thrive Yoga, 1321-B Rockville Pk. 20852

Twinbrook ES, 5700 Ridgway Ave. 20851

Twinbrook Com. Rec. Ctr.

12920 Twinbrook Pkwy. 20851

Welsh Park, 344 Martins Ln. 20850

Woodley Gardens Park, 900 Nelson St. 20850



Bridget Donnell Newton, *Mayor*

Councilmembers

Beryl L. Feinberg, Tom Moore
Virginia D. Onley and Julie Palakovich Carr

Barbara B. Matthews, *City Manager*
Christine Henry, *Acting Director of Recreation and Parks*
Betsy Thompson, *Superintendent of Recreation*
Steve Mader, *Superintendent of Parks and Facilities*

Satisfaction Guarantee

The City is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program to try, or if you prefer, we will give you a credit. That's our "Customer Satisfaction Guarantee" to you.

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8620 three weeks prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8100; TTY 240-314-8137.

We Need Your Support



Rockville Recreation and Parks Foundation

is a 501(c)3 organization established to:

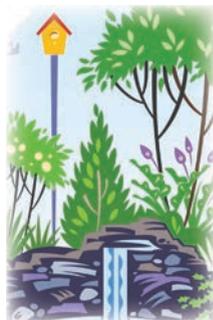
- Improve recreational activities, programs, parks and facilities;
- Support the Rockville Youth Recreation Fund;
- Assist with fundraising, the acquisition and maintenance of new parks and open space; and
- Purchase equipment and other amenities for the City's parks and facilities.



Contributions online or mailed to:

107 W. Jefferson St.,
Rockville, MD 20850
www.rrpfi.org • 240-314-8867

Your gift, grant or promised bequest is a tax-deductible contribution.



Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high quality recreational and leisure opportunities in safe, modern and well maintained parks and facilities.





Inclement Weather Policy

www.rockvillemd.gov/weather

The City of Rockville works diligently to keep residents safe and informed during inclement weather or an emergency situation. When weather has the possibility of affecting a City program, meeting or facility, every attempt is made to maintain standard operations throughout the City.

Decisions about whether to cancel morning programs or close facilities will be made by 8 a.m. with an update at 9 a.m. A decision on afternoon and evening programs will be made at 1:30 p.m. with an update at 4 p.m.

Recreation Classes

If Montgomery County Public Schools (MCPS) close for the day or have a two-hour delay, morning recreation programs will be cancelled. 240-314-5023 (information line)

Swim and Fitness Center

Check website at rockvillemd.gov/swimcenter for facility closures and up-to-date program cancellations or call 240-314-8750.

Spring Holidays

Spring Break

April 14-21

Memorial Day

May 26

Check on "Rock Enroll" or with instructor for class cancellation.

Keep in touch!

Childcare/Rec. Programs (Info. Line).....	240-314-5023
Classes, Camps, Trips	240-314-8620
Croydon Creek Nature Center	240-314-8770
Cultural Arts (Info. Line).....	240-314-5006
Directions Line: City Hall, Civic Center, Senior Center, Swim Center.....	240-314-5047
Lincoln Park Community Center.....	240-314-8780
Parks and Facilities Maintenance.....	240-314-8700
Park and Picnic Rentals.....	240-314-8660
Recreation and Parks Administration	240-314-8600
RedGate Golf Course	240-406-1650
Rockville Skate Park	240-314-8620
Rockville Civic Center Park:	
Art Gallery	240-314-8682
Glenview Mansion	240-314-8660
F. Scott Fitzgerald Theatre Box Office.....	240-314-8690
Rockville Swim and Fitness Center.....	240-314-8750
Rockville Senior Center.....	240-314-8800
Special Events Line (Info. Line)	240-314-5022
Sports Line (Info. Line).....	240-314-5055
Thomas Farm Community Center.....	240-314-8840
Twinbrook Community Rec. Center.....	240-314-8830
TTY (City Hall)	240-314-8137

A resource for children's activities, classes and sports in Montgomery County

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activityrocket.com

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CONTACTO PRINCIPAL: *información obligatoria

*Teléfono fijo particular/celular: _____ Marque este casillero si cambió su dirección/su teléfono desde la última vez que se inscribió.

*Apellido _____ Nombre _____ Fecha de nacimiento: / / Sexo: M/F

*Dirección: _____

*Ciudad/Estado/Código postal _____

*Teléfono del trabajo _____ * Dirección de correo electrónico: _____

CONTACTO PARA EMERGENCIAS: (que no sean los padres o un adulto participante)

Nombre _____ Apellido _____ Teléfono _____

PARTICIPANTES:

Nombre (Apellido, Nombre)	Sexo M/F	Fecha de nacimiento D/M/A	Nombre de la actividad/clase	N.º de curso	Escuela a la que asiste	Año escolar '13-'14 Grado	Tarifa

Fondo de rec.: \$ _____ Miembro de hogar de ancianos: \$ _____ Descuento por asistencia a varios cursos: \$ _____
 Contribución adicional al Fondo de recreación: \$ _____
 Total: \$ _____

Necesidades especiales: Los participantes con necesidades especiales deben comunicarse con nuestra oficina tres semanas antes de desarrollar la actividad.

Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participar en el programa puede ser una actividad peligrosa. El participante no debe tomar parte en el programa a menos que se encuentre en buen estado físico y sea apto desde el punto de vista médico. El participante (o su padre/madre/tutor en representación de un niño menor participante) asume todos los riesgos asociados a su participación en este programa, incluidos los que suelen asociarse a este tipo de programa, los riesgos de viajar por caminos públicos, de sufrir accidentes o enfermedades, y de exponerse a las fuerzas de la naturaleza. En relación con el derecho de participar en el programa y con los arreglos hechos para el participante por el Alcalde y el Consejo de Rockville a través de su Departamento de Recreación y Parques en torno a la comida, a los traslados y a la recreación, el participante, sus herederos y albaceas, o su padre/madre o tutor en representación de un niño menor participante, acuerda exonerar e indemnizar al Alcalde y al Consejo de la ciudad de Rockville y a todos sus agentes, funcionarios y empleados de cualquier reclamación por lesiones o pérdida de cualquier persona o propiedad que pudiera surgir o resultar de la participación en el programa. El participante (o su padre/madre/tutor en representación de un niño menor participante) otorga permiso para que un médico o un técnico médico de emergencias administren tratamiento de emergencia al participante y acepta que la Municipalidad use fotografías o videos del programa que incluyan al participante. Ni el instructor ni ningún miembro del personal son responsables de los participantes antes o después del programa establecido.

*Firma del participante/tutor _____

PAGO

Importe pagado \$ _____ Efectivo Cheque N.º _____

  Vencimiento Fecha ____ / ____

Firma (nombre que aparece en la tarjeta) _____

SÓLO PARA USO DE LA OFICINA:

Cheque _____ Efectivo _____ Cargo _____

Otro _____

Procesado por:

Fecha de procesamiento:

Total pagado: \$ _____

Four Easy Ways to Register!

Registration Begins:

- Resident/member mail, fax, walk-in, online:
Thursday, March 13, 8:30 a.m.
- Nonresident/nonmember mail, fax, walk-in, online:
Thursday, March 20, 8:30 a.m.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: programs/classes \$15; childcare \$50; senior programs \$10; sports teams \$100; individual sports participants \$10; swim \$10; teens \$10. A credit will be applied to your City of Rockville account for registrations under \$20 (exceptions: nature, senior, swim and teen programs)
- We are committed to providing quality programs and facilities. If you are unhappy with our services, please contact us. We will suggest another program to try, or if you prefer, will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.

Discounts:

- Multiple class discounts may not be combined. One discount will be applied per person/per registration



Most convenient method.
7 days a week.

1. Online:

- www.rockvillemd.gov/recreation
click on Rock Enroll Registration under "Quick Links"

2. Fax to:

- Rockville City Hall - 240-314-8659
- Rockville Swim and Fitness Center - 240-314-8759
- Rockville Senior Center - 240-314-8809
- Croydon Creek Nature Center - 240-314-8779
- Lincoln Park Com. Center - 240-314-8789
- Thomas Farm Com. Center - 240-314-8849
- Twinbrook Com. Rec. Center - 240-314-8839

3. Mail to:

- Rockville City Hall, Dept. of Rec. and Parks
111 Maryland Avenue 20850
- Rockville Swim and Fitness Center
355 Martins Lane 20850
- Rockville Senior Center
1150 Carnation Drive 20850
- Croydon Creek Nature Center
852 Avery Road 20851
- Lincoln Park Community Center
357 Frederick Avenue 20850
- Thomas Farm Community Center
700 Fallsgrove Drive 20850
- Twinbrook Community Recreation Center
12920 Twinbrook Parkway 20851

4. Walk-In:

- All locations listed above accept walk-ins.
Hours vary by facility. Call in advance to avoid unnecessary trips.



Use your smart phone
for quick access to
our website.

City of Rockville
111 Maryland Avenue
Rockville, Maryland 20850-2364

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Mayor and Council



26th Annual Hometown Holidays 2014

- 
- ★ Free Concerts
 - ★ Taste of Rockville
 - ★ Kids Activities
 - ★ 70th Rockville Memorial Day Ceremony and Parade

Memorial Day Weekend
Saturday, May 24 - Monday, May 26 • Rockville Town Center



Like us on Facebook
[www.facebook.com/
RockvilleHometownHolidays](http://www.facebook.com/RockvilleHometownHolidays)

Watch for more information in Rockville
Reports, on Channel 11, in local newspapers
and at www.rockvillemd.gov/hth.

